

**North Shore Swim Club
MIT Prelims & Finals
Team Warm Up Assignments
December 8-11, 2011**

**Thursday Session: General warm up both competition pools
4:30-5:25 PM, Session start at 5:30 PM.**

Spectator Pool

Friday Prelims: 7:30-8:00 AM, Saturday Prelims: 8:00-8:30 AM, Sunday Prelims: 8:30-8:55 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SOLO	SOLO	NSYV	NSSC	NSSC	NSSC	NSSC	NSSC	NSSC	NSSC
		SS							

Friday Prelims: 8:00-8:30 AM, Saturday Prelims: 8:30-8:55 AM, Sunday Prelims: 7:30-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CDOG	CDOG	CDOG	SHKS	SHKS	WSSC	WHAT	WHAT	RAC	RAC

Friday Prelims: 8:30-8:55 AM, Saturday Prelims: 7:30-8:00 AM, Sunday Prelims: 8:00-8:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
LIE	LIE	LIE	LIE	LIE	LIE	LIE	BYB	BYB	AAC
									BFIN

Finals Sessions:

**Friday & Saturday 5:00-5:40 PM, Sunday 4:00 – 4:40 PM
General warm up all lanes in 10 & 9 lane Pools.**

Friday & Saturday 5:40-5:55 PM, Sunday 4:40 – 4:55 PM

10 Lane Pool

Lanes 1-2-3 – Sprint (One Way)

Lanes 4-5-6-7 – General

Lanes 8-9-10 – Pace

9 Lane Pool

Lanes 1-2-3 - Pace

Lanes 4-5-6 - General

Lanes 7-8-9 – Sprint (One Way)

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Scoreboard Pool

Friday Prelims: 7:30-8:00 AM, Saturday Prelims: 8:00-8:30 AM, Sunday Prelims: 8:30-8:55 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
MAC	EAST	EAST	EAST	EAST	EAST	EAST	EAST	EAST

Friday Prelims: 8:00-8:30 AM, Saturday Prelims: 8:30-8:55 AM, Sunday Prelims: 7:30-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
ICMS	PSC	PSC	BGSC	BGSC	BGSC	BGSC	WTSC	HYV
KASC							UN	

Friday Prelims: 8:30-8:55 AM, Saturday Prelims: 7:30-8:00 AM, Sunday Prelims: 8:00-8:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
SCHE	SCHE	SCHE	HAWK	HAWK	ZEUS	ZEUS	ZEUS	MSC
DELM								

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9 Lane Pool

**Lanes 1-2-3 - Pace
Lanes 4-5-6 - General
Lanes 7-8-9 – Sprint (One Way)**