

2008 David A. Hewitt Summer Polar Bear Invitational

Countryside YMCA

Thank You for attending the 2008 David A. Hewitt Summer Polar Bear Invitational at Countryside YMCA. We will be accepting deck entries in open lanes only. *No new heats will be formed for deck entries.*

Due to a larger number of entries and a long timeline we will not be swimming any relays at the meet.

Sessions should end by 2:00 p.m. each day.

Warm Up assignments are as follows

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:30-7:00	CY	CY	CY	CY	CY	CY	CY	CY
7:00-7:20	BASH	BASH	BAH	CFY	CFY	MID	MID	OPEN
7:20-7:40	KEY	KEY	KEY	KEY	KEY	KEY SPY	CCY AMFY	GNY
7:40-8:00	MCY	GMVY	CLIP	CLIP	AAY	AAY	DFY	DFY