

2008 YMCA Long Course Warm-ups								
Friday	1	2	3	4	5	6	7	8
7:00	PCY	PCY	PCY	PCY	PCY	GNY/MY	DFY	GMVY
7:25	BASH	BASH	BASH	BASH	KEY	KEY	KEY	KEY
7:50	CY	CY	CY	CY	CY	CY	CY	CY
8:15	ABLY	ABLY	ABLY	ABLY	SPY	CFY	AMFY/ CCYC	MCY
Clear Pool 8:40 AM Meet begins 8:45 AM Approximate finish 1:00 PM								
Sat AM	1	2	3	4	5	6	7	8
6:30	BASH	BASH	BASH	BASH	KEY	KEY	KEY	KEY
6:55	CY	CY	CY	CY	CY	CY	CY	CY
7:20	ABLY	ABLY	ABLY	ABLY	SPY	CFY	AMFY	MCY
7:55	PCY	PCY	PCY	PCY	PCY	GNY/MY	DFY	GMVY
Clear Pool 8:20 AM Meet begins 8:25 AM Approximate finish 12:00 PM								
Sun AM	1	2	3	4	5	6	7	8
6:30	CY	CY	CY	CY	CY	CY	CY	CY
6:55	ABLY	ABLY	ABLY	ABLY	SPY	CFY	AMFY	MCY
7:20	PCY	PCY	PCY	PCY	PCY	GNY/MY	DFY	GMVY
7:55	BASH	BASH	BASH	BASH	KEY	KEY	KEY	KEY
Clear Pool 8:20 AM Meet begins 8:25 AM Approximate finish 11:45 AM								
Saturday and Sunday PM Warm-ups								
	1	2	3	4	5	6	7	8
12:45	ABLY	ABLY	ABLY	ABLY	CY	CY	CY	CY
1:05	BASH	BASH	PCY	PCY	KEY	SPY/DFY	CFY/GNY	GMVY/MY
Clear Pool 1:25 Meet begins 1:30 PM Approximate finish 4:15 PM								
We have 703 athletes - just a little less than last year								
Timelines look reasonable								
*****	New this year *****							
	We will offer time trials for those who need one more chance at a long course national qualifying time							
	This will take place on Sunday AM right after the 1500 freestyle							
	Cost \$5 each event -- Sign up by 11 AM Sunday							
