

**2009 Southwest Ohio YMCA League Long course Championships
July 10 - 12, 2009**

the meet is large - we will need everyone's cooperation to complete sessions on time.

Afternoon swimmers - please do not arrive before 12:45 PM

Friday morning warm-ups

Friday	1	2	3	4	5	6	7	8
6:30	PCY	PCY	PCY	GMVY	KEY	KEY	BASH	BASH
7:00	CY	CY	CY	CY	DFY	CFY	MCY	GNY
7:30	ABLY	ABLY	ABLY	SPY	BKHY	MY	AMFY	CLIP
							DCY	

Clear Pool 8:00 AM Meet begins 8:05 AM Finish 12:31 PM

Saturday morning warm-ups

Saturday	1	2	3	4	5	6	7	8
6:30	CY	CY	CY	CY	DFY	CFY	MCY	GNY
7:00	ABLY	ABLY	ABLY	SPY	BKHY	MY	AMFY	CLIP
							DCY	
7:30	PCY	PCY	PCY	GMVY	KEY	KEY	BASH	BASH

Clear Pool 8:00 AM Meet begins 8:05 AM Finish 12:20 PM

Sunday	1	2	3	4	5	6	7	8
6:30	ABLY	ABLY	ABLY	SPY	BKHY	MY	AMFY	CLIP
							DCY	
7:00	PCY	PCY	PCY	GMVY	KEY	KEY	BASH	BASH
7:30	CY	CY	CY	CY	DFY	CFY	MCY	GNY

Clear Pool 8:00 AM Meet begins 8:05 AM Finish 12:15 PM

Saturday and Sunday PM warm-ups Same both days

Please do not arrive at Miami until 12:45 PM!!!!!!

PM	1	2	3	4	5	6	7	8
1:00	CY	CY	CY	ABLY	ABLY	ABLY	GMVY	CLIP
1:15	DFY	CFY	SPY	KEY	BASH	BASH	PCY	PCY
		BKHY						
		GNY						
		MCY						