

2009 SUMMER POLAR BEAR

Countryside YMCA

Thank You for attending the 2009 Summer Polar Bear at Countryside YMCA.

Please note that warm-ups will start at 6:30 and the meet will start at 7:30.

There will be a positive check in for all 200 and 400 events.

We will be accepting deck entries in open lanes only. No new heats will be formed for deck entries.

Sessions must 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
6:30-7:30 Indoor Pool	CY	CY	CY	CY	CY	CY	CY	CY
6:30-7:00	KEY	KEY	KEY	BASH	BASH	GMVY	GMVY	AAV
7:00-7:30	CFY	CFY/MY	DFY	DFY/MCY	HURY	HURY	CLIP/CCYC	ABLY/DCY/SPY