

Iceberg 2010 Warm-ups

AM – 7:00-7:20 AM

Lane	Team
1-4	GDSY
5-7	SPDY
8	MYST

AM – 7:20-7:40 AM

Lane	Team
1-2	CVY
3-4	ECY
5-6	DCY
7-8	LAXY

AM – 7:40-8:00 AM

Lane	Team
1-2	MTRY
3-4	SWC
5	M & M
6	MEYO
7	Marquette & DDY
8	OPEN for late swimmers

Meet Starts @ 8:10 AM

PM – 12:15-12:45

Lane	Team
1-2	GDSY
4-5	LAXY
6	Manta Rays
7	M & M Y
8	MYST

PM – 12:45-1:15

Lane	Team
1-2	SPDY
3-4	CVY
4-5	ECY
6-7	DCY
7	Marquette
8	SWC, DDY, Barracudas

Meet Starts @ 1:20

Friday Night

4-4:40 – General Warm-ups and One Way Sprints

4:45 PM – Coaches Meeting

5:00 PM- Meet Starts