

# NW YMCA Sectionals 2010 Warm-ups

## Friday Night

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

4:45 PM – Coaches Meeting

5:00 PM- Meet Starts

## AM Sessions

### Saturday and Sunday 8:00-8:20 AM

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

### 8:20-8:40 AM

Lane	Team
1-3	ECY
4-5	LAXY
6-7	SPDY
8	SWC

**Seeding Starts @ 8:40 AM**  
**Meet Starts @ 9:00 AM**

## PM Sessions

**Saturday 11:30-12:00**

**Sunday 11:15-11:45**

Lane	Team
1-3	GDSY
4-5	CVY
6-7	SPDY
8	SWC & DDY

**Saturday 12:00-12:30**

**Sunday 11:45-12:15**

Lane	Team
1-3	LAXY
4-5	ECY
6-7	MYST
8	OPEN

**Sat Meet Starts @ 12:45**  
**Sun Meet Starts @ 12:30**