



# BRING THE HEAT 2011

SUNDAY, June 5, 2011

## Fly Over Starts for all sessions

	<u>Warm-up</u>	<u>Check-in</u>	<u>Start</u>
Session 1--12/UNDERS	7:15AM	7:30AM	8:20AM
Session 2--ALL AGES/ OPEN 50'S	12:25pm	12:25PM	No earlier than 1:00PM
Session 3--12/Unders	2:30PM	3:00PM	3:35PM

### Warm-up Assignments

AM	
7:15 to 7:45	7:45 to 8:15
<b>MAY</b>	<b>EAST</b>
MCSC	CBGC
NJBL	JFAC
NJRC	MEY
NJW	MYM
RY	PTAC
SDSC	WAVE
TAC	ALL OTHERS
XCEL	

50's SESSION
ALL SWIMMERS
12/U LANES 1-4
13/OVERS LANES 5-8

PM	
2:30-3:00	3:00-3:30
<b>MAY</b>	<b>MEY</b>
CBGC	MWSC
JFAC	NJBL
MCSC	NJW
NJRC	RY
PTAC	TAC
SDSC	XCEL
WY	ALL OTHERS

### TIMING ASSIGNMENTS

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>
<b>AM SESSION</b>	MAY/EAST	MAY/MYM	MAY/TAC	MAY/NJBL	MAY/PTAC	MAY/JFAC	MAY/XCEL	MAY/SDSC
ALTS: CBGC, MEY, MCSC								
<b>50's SESSION</b>	MAY/JFAC	MAY/SDSC	MAY/CBGC	MAY/XCEL	MAY/NJBL	MAY/MCSC	MAY/NJW	MAY/PTAC
ALTS: MWSC, MEY								
<b>PM SESSION</b>	MAY/RY	MAY/TAC	MAY/NJRC	MAY/NJBL	MAY/MCSC	MAY/MEY	MAY/PTAC	MAY/NJW
ALTS: XCEL, CBGC, SDSC								

Please be prepared to time for the entire session; please come with a stopwatch

FOR COMPLETE MEET RESULTS AND MORE...

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