

WARM-UP SCHEDULES

Warm-up Sheet - Day 1 – CADETS SESSION			
Saturday, March 21			
There will be circle swimming for the first 15 minutes of each session. Starts and one way sprints will be held at the end of session 4. No deck diving or starts off blocks during circle swimming. An East Field Certified Coach from your team must be on deck to supervise your swimmers during warm-ups.			
Session 1	8:30 am - 8:45 am		Session 2
			8:45 am - 9:00 am
Lane 1	Jersey Shore Area YMCA, Hanover Area YMCA, Oil City Area YMCA		Lane 1 Lionville Community YMCA, Uniontown Area YMCA, Valley Points Family YMCA
Lane 2	Armstrong County YMCA, Bellefonte Family YMCA, Chambersburg Memorial YMCA,		Lane 2 Laurel Highlands Regional YMCA, Bethlehem YMCA
Lane 3	State College Area Family YMCA, Warren County YMCA		Lane 3 East Suburban Branch YMCA, Pocono Family YMCA
Lane 4	Sunbury Branch YMCA, Brookville YMCA		Lane 4 Greater Johnstown Community, Lancaster Family YMCA
Lane 5	West Shore YMCA, Wilmerding YMCA		Lane 5 Hazleton YMCA, Boyertown Area YMCA
Lane 6	Hollidaysburg Area YMCA, Williamsport Branch YMCA		Lane 6 Indiana County YMCA, Lebanon Valley Family YMCA
Session 3	9:00 am - 9:15 am		Session 4
			9:15 am - 9:30 am
Lane 1	Greensburg YMCA, Hatboro Area YMCA		Lane 1 Ridley Area YMCA, Kennett Area YMCA
Lane 2	Jennersville YMCA, Pottstown YMCA		Lane 2 Butler YMCA, Sewickley Valley YMCA
Lane 3	Reading and Berks County YMCA, Bradford Family YMCA		Lane 3 Eastside Family Branch YMCA, Shenango Valley YMCA
Lane 4	Brandywine YMCA –PA, Allegheny Valley YMCA		Lane 4 Phoenixville Branch YMCA, Wilkes-Barre Family YMCA
Lane 5	Upper Main Line YMCA, Franklin/Grove City YMCA		Lane 5 Mon Valley YMCA, Titusville YMCA
Lane 6	York And York County YMCA, Tri-Valley Branch YMCA		Lane 6 Lansdowne YMCA, Ambler Area Branch YMCA

9:30 am - 9:45 am One Way Sprints

Warm-up Sheet - Day 1 – PREPS SESSION

Saturday, March 21

There will be circle swimming for the first 15 minutes of each session. Starts and one way sprints will be held at the end of session 4. No deck diving or starts off blocks during circle swimming. An East Field Certified Coach from your team must be on deck to supervise your swimmers during warm-ups.

Session 1	2:00 pm - 2:15 pm	Session 2	2:15 pm - 2:30 pm
Lane 1	West Shore YMCA, Armstrong County YMCA	Lane 1	Allegheny Valley YMCA, Hatboro Area YMCA
Lane 2	State College Area Family YMCA, Jersey Shore Area YMCA	Lane 2	York And York County YMCA, Nazareth YMCA
Lane 3	Greater Johnstown Community, Bellefonte Family YMCA,	Lane 3	Indiana County YMCA, Franklin/Grove City YMCA, Carlisle Family YMCA
Lane 4	Williamsport Branch YMCA, Ridgway YMCA, Waynesboro Area YMCA	Lane 4	Laurel Highlands Regional YMCA, East Suburban Branch YMCA
Lane 5	Sunbury Branch YMCA, Clearfield YMCA, Greensburg YMCA	Lane 5	Lancaster Family YMCA, Reading and Berks County YMCA
Lane 6	Wilmerding YMCA, Bloomsburg Area YMCA, Hollidaysburg Area YMCA	Lane 6	Jennersville YMCA, Bradford Family YMCA, Warren County YMCA
Session 3	2:30 pm - 2:45 pm	Session 4	2:45 pm - 3:00 pm
Lane 1	Butler YMCA, New Castle Community YMCA, Kennett Area YMCA	Lane 1	Upper Main Line YMCA, Valley Points Family YMCA, Meadville YMCA
Lane 2	Eastside Family Branch YMCA, Northern Dauphin County YMCA	Lane 2	Easton Phillipsburg YMCA, Shenango Valley YMCA
Lane 3	Phoenixville Branch YMCA, County YMCA - Ediboro, PA	Lane 3	Ridley Area YMCA, Greater Scranton YMCA, Chambersburg Memorial YMCA
Lane 4	Boyertown Area YMCA, Corry YMCA, Wilkes-Barre Family YMCA	Lane 4	Titusville YMCA, Lionville Community YMCA
Lane 5	Mon Valley YMCA, Brandywine YMCA -PA	Lane 5	Lansdowne YMCA, Pocono Family YMCA
Lane 6	Sewickley Valley YMCA, Hazleton YMCA	Lane 6	Pottstown YMCA, Jamestown YMCA, Uniontown Area YMCA

3:00 pm - 3:15 pm One Way Sprints

Warm-up Sheet - Day 2 – JUNIORS SESSION

Sunday, March 22

There will be circle swimming for the first 15 minutes of each session. Starts and one way sprints will be held at the end of session 4. No deck diving or starts off blocks during circle swimming. An East Field Certified Coach from your team must be on deck to supervise your swimmers during warm-ups.

Session 1		Session 2	
7:00 am - 7:15 am		7:15 am - 7:30 am	
Lane 1	West Shore YMCA, Ridgway YMCA	Lane 1	Greensburg YMCA, Franklin/Grove City YMCA
Lane 2	State College Area Family YMCA, Clearfield YMCA	Lane 2	East Suburban Branch YMCA, Lancaster Family YMCA
Lane 3	Greater Johnstown Community, Jersey Shore Area YMCA	Lane 3	Indiana County YMCA, Laurel Highlands Regional YMCA
Lane 4	Sunbury Branch YMCA, Bellefonte Family YMCA, Juniata Valley YMCA	Lane 4	Chambersburg Memorial YMCA, Lancaster Family YMCA, Armstrong County YMCA
Lane 5	Williamsport Branch YMCA, Bloomsburg Area YMCA	Lane 5	Reading and Berks County YMCA, New Castle Community YMCA
Lane 6	Bradford Family YMCA, Hollidaysburg Area YMCA	Lane 6	Pottstown YMCA, Wilmerding YMCA
Session 3		Session 4	
7:30 am - 7:45 am		7:45 am - 8:00 am	
Lane 1	Mon Valley YMCA, Northern Dauphin County YMCA	Lane 1	Eastside Family Branch YMCA, Waynesboro Area YMCA
Lane 2	Phoenixville Branch YMCA, Valley Points Family YMCA	Lane 2	Titusville YMCA, Ridley Area YMCA
Lane 3	Jennersville YMCA, Meadville YMCA	Lane 3	Tri-Hampton Family Branch YMCA, Jamestown YMCA
Lane 4	Butler YMCA, Brandywine YMCA -PA	Lane 4	Kennett Area YMCA, Pocono Family YMCA, West Chester Area YMCA
Lane 5	Boyertown Area YMCA, Hatboro Area YMCA	Lane 5	Lionville Community YMCA, Lebanon Valley Family YMCA
Lane 6	Upper Main Line YMCA, Shenango Valley YMCA	Lane 6	Easton Phillipsburg YMCA, Uniontown Area YMCA, York And York County YMCA

8:00 am - 8:15 am One Way Sprints

Warm-up Sheet - Day 2 – SENIORS SESSION

Sunday, March 22

There will be circle swimming for the first 15 minutes of each session. Starts and one way sprints will be held at the end of session 4. No deck diving or starts off blocks during circle swimming. An East Field Certified Coach from your team must be on deck to supervise your swimmers during warm-ups.

Session 1		1:00 pm - 1:15 pm		Session 2		1:15 pm - 1:30 pm	
Lane 1	West Shore YMCA			Lane 1	Greensburg YMCA		
Lane 2	Sunbury Branch YMCA			Lane 2	Reading and Berks County YMCA, Warren County YMCA		
Lane 3	Williamsport Branch YMCA			Lane 3	Franklin/Grove City YMCA, Northern Dauphin County YMCA		
Lane 4	Greater Johnstown Community, Bellefonte Family YMCA, Hollidaysburg Area YMCA			Lane 4	East Suburban Branch YMCA, Lancaster Family YMCA, Wilkes-Barre Family YMCA		
Lane 5	State College Area Family YMCA, Ridgway YMCA, Bloomsburg Area YMCA			Lane 5	Indiana County YMCA, Allegheny Valley YMCA		
Lane 6	Clearfield YMCA, Dubois Area YMCA, Jersey Shore Area YMCA			Lane 6	Laurel Highlands Regional YMCA, Bradford Family YMCA		
Session 3		1:30 pm - 1:45 pm		Session 4		1:45 pm - 2:00 pm	
Lane 1	Boyertown Area YMCA			Lane 1	Upper Main Line YMCA		
Lane 2	Phoenixville Branch YMCA			Lane 2	Eastside Family Branch YMCA		
Lane 3	Pottstown YMCA, Greater Scranton YMCA, New Castle Community YMCA			Lane 3	Ridley Area YMCA, Jamestown YMCA, Pocono Family YMCA		
Lane 4	Mon Valley YMCA, Butler YMCA, Titusville YMCA			Lane 4	Lebanon Valley Family YMCA, Uniontown Area YMCA, Nazareth YMCA		
Lane 5	Brandywine YMCA –PA, Kennett Area YMCA, Sewickley Valley YMCA			Lane 5	County YMCA - Ediboro, PA, Corry YMCA, Chambersburg Memorial YMCA		
Lane 6	Lionville Community YMCA, Tri-Valley Branch YMCA, Tri-Hampton Family Branch YMCA			Lane 6	Valley Points Family YMCA, Hatboro Area YMCA, Easton Phillipsburg YMCA		

2:00 pm - 2:15 pm One Way Sprints

ORDER OF EVENTS & AWARDS

Sanction #CAQ1008

Saturday, March 21, 2009 – AM Session

Event #1 Cadet Girls 200 Medley Relay
Event #2 Cadet Boys 200 Medley Relay
Event #3 Cadet Girls 50 Free
Event #4 Cadet Boys 50 Free

Awards for Events #1 & #2

Event #5 Cadet Girls 100 IM
Event #6 Cadet Boys 100 IM

Awards for Events #3 & #4

Event #7 Cadet Girls 50 Fly
Event #8 Cadet Boys 50 Fly

Awards for Events #5 & #6

Event #9 Cadet Girls 100 Free
Event #10 Cadet Boys 100 Free

Awards for Events #7 & #8

Event #11 Cadet Girls 50 Backstroke
Event #12 Cadet Boys 50 Backstroke

Awards for Events #9 & #10

Event #13 Cadet Girls 50 Breaststroke
Event #14 Cadet Boys 50 Breaststroke

Awards for Events #11 & #12

Event #15 Cadet Girls 200 Free Relay
Event #16 Cadet Boys 200 Free Relay

Awards for Events #13, #14, 15 & 16

Saturday, March 21, 2009 – PM Session

Event #17 Prep Girl 200 Medley Relay
Event #18 Prep Boy 200 Medley Relay
Event #19 Prep Girls 200 Free
Event #20 Prep Boys 200 Free

Awards for Events #17 & #18

Event #21 Prep Girls 50 Free
Event #22 Prep Boys 50 Free

Awards for Events #19 & #20

Event #23 Prep Girls 200 IM
Event #24 Prep Boys 200 IM

Awards for Events #21 & #22

Event #25 Prep Girls 50 Fly
Event #26 Prep Boys 50 Fly

Awards for Events #23 & #24

Event #27 Prep Girls 100 Free
Event #28 Prep Boys 100 Free

Awards for Events #25 & #26

Event #29 Prep Girls 50 Backstroke
Event #30 Prep Boys 50 Backstroke

Awards for Events #27 & #28

Event #31 Prep Girls 50 Breaststroke
Event #32 Prep Boys 50 Breaststroke

Awards for Events #29 & #30

Event #33 Prep Girls 200 Free Relay
Event #34 Prep Boys 200 Free Relay

Awards for Events #31, #32, #33 & #34

ORDER OF EVENTS & AWARDS

Sanction #CAQ1008

Sunday, March 22, 2009 – AM Session

Event #35 Jr Girls 200 Medley Relay
Event #36 Jr Boys 200 Medley Relay
Event #37 Jr Girls 200 Free
Event #38 Jr Boys 200 Free

Awards for Events #35 & #36

Event #39 Jr Girls 50 Free
Event #40 Jr Boys 50 Free

Awards for Events #37 & #38

Event #41 Jr Girls 200 IM
Event #42 Jr Boys 200 IM

Awards for Events #39 & #40

Event #43 Jr Girls 100 Fly
Event #44 Jr Boys 100 Fly

Awards for Events #41 & #42

Event #45 Jr Girls 100 Free
Event #46 Jr Boys 100 Free

Awards for Events #43 & #44

Event #47 Jr Girls 100 Backstroke
Event #48 Jr Boys 100 Backstroke

Awards for Events #45 & #46

Event #49 Jr Girls 100 Breaststroke
Event #50 Jr Boys 100 Breaststroke

Awards for Events #47 & #48

Event #51 Jr Girls 200 Free Relay
Event #52 Jr Boys 200 Free Relay

Awards for Events #49, #50, #51 & #52

Awards for Events #69, #70, #71 & #72

Team Awards

Time Trials

Sunday, March 22, 2009 – PM Session

Event #53 Sr Girls 400 Medley Relay
Event #54 Sr Boys 400 Medley Relay
Event #55 Sr Girls 200 Free
Event #56 Sr Boys 200 Free

Awards for Events #53 & #54

Event #57 Sr Girls 50 Free
Event #58 Sr Boys 50 Free

Awards for Events #55 & #56

Event #59 Sr Girls 200 IM
Event #60 Sr Boys 200 IM

Awards for Events #57 & #58

Event #61 Sr Girls 100 Fly
Event #62 Sr Boys 100 Fly

Awards for Events #59 & #60

Event #63 Sr Girls 100 Free
Event #64 Sr Boys 100 Free

Awards for Events #61 & #62

Event #65 Sr Girls 100 Backstroke
Event #66 Sr Boys 100 Backstroke

Awards for Events #63 & #64

Event #67 Sr Girls 500 Free
Event #68 Sr Boys 500 Free

Awards for Events #65 & #66

Event #69 Sr Girls 100 Breaststroke
Event #70 Sr Boys 100 Breaststroke

Awards for Events #67 & #68

Event #71 Sr Girls 400 Free Relay
Event #72 Sr Boys 400 Free Relay