

2009 Vermont Swim Association State Championships Warm-up Assignments

Lanes 9 & 10 (the two lanes closest to the windows) will be available for warm-up/warm-down during the meet sessions

Saturday Morning: 8 & Unders, 9 & 10 year olds

Coaches meeting at 7:45 AM

	<i>Lane 9</i>	<i>Lane 10</i>	<i>Lane 11</i>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
windows	8:00-8:20	BST	BST	MST	QST	WAT	STS	SVRC	SVRC	TKS	ROCK	WST	balcony
	8:20-8:40	BCC	BCC	EDGE	BTC	BTC	BTC	KST	KST	TRI	TRI	WIN	
	8:40-9:00	BENN	MIDD	MIDD	RUT	RUT	STA	TEST	TEST	TEST	VST	VST	

Saturday Lunch: 500 Frees (no positive check-in required)

	<i>Lane 9</i>	<i>Lane 10</i>	<i>Lane 11</i>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
windows	11:00-11:30	Nine lanes open for circle swim									Sprints only		balcony

Saturday Afternoon: 11 & 12s, 13 & 14s, 15 - 19s

	<i>Lane 9</i>	<i>Lane 10</i>	<i>Lane 11</i>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
windows	12:30-12:50	BCC	BCC	BTC	BTC	BTC	MST	TRI	TRI	SVRC	WAT	WIN	balcony
	12:50-1:10	TEST	TEST	TEST	BENN STS	BENN	STA	STA	QST ROCK	EDGE	EDGE	VST	
	1:10-1:30	BST	BST	KST	KST	MIDD	MIDD TKS	TKS	RUT	RUT	WST	WST	

Sunday Morning: 8 & Unders, 9 & 10 year olds

	<i>Lane 9</i>	<i>Lane 10</i>	<i>Lane 11</i>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
	8:00-8:20	WIN	WIN	VST	VST	EDGE	EDGE	BTC	BTC	BTC	BCC	BCC	balcony
	8:20-8:40	TEST	TEST	STA	MIDD	MIDD	QST STS	WST	BENN WST	BENN	KST	KST	
	8:40-9:00	RUT	TKS	TRI	MST TRI	SVRC	SVRC	BST	BST	WAT	WAT	ROCK	

Sunday Lunch: 200 Frees - same as Saturday Lunch

Sunday Afternoon: 11 & 12s, 13 & 14s, 15 - 19s

	<i>Lane 9</i>	<i>Lane 10</i>	<i>Lane 11</i>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
windows	12:30-12:50	KST	KST	BENN	BENN MIDD	MIDD	BST	BST	RUT	RUT	RUT STS	ROCK WAT	balcony
	12:50-1:10	BTC	BTC	BTC	TRI	TRI	BCC	BCC	SVRC	SVRC	WIN	MST	
	1:10-1:30	TKS	QST TKS	VST	TEST	TEST	WST	WST	EDGE	EDGE	STA	STA	