

2006
EASTERN ZONE AGE GROUP CHAMPIONSHIPS
WARM UP SCHEDULE

WEST	TIME	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE6	LANE 7	LANE 8	LANE 00
	7:30 - 8:15	AM	AM	AM	AM	AD	AD	AD	CT	CT	CT
FRI	8:15 - 9:00	MA	MA	MA	MA	VA	VA	VA	VA	ME	ME
	9:00 - 9:15		SPRINTS								
EAST	TIME	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE6	LANE 7	LANE 8	LANE 00
	7:30 - 8:15	MR	MR	MR	MR	MR	NI	NI	NI	NI	ME
SAT	8:15 - 9:00	PV	PV	PV	PV	PV	NJ	NJ	NJ		
	9:00 - 9:15		SPRINTS								
WEST	TIME	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE6	LANE 7	LANE 8	LANE 00
	7:30 - 8:15	MA	MA	MA	MA	VA	VA	VA	VA	ME	ME
SAT	8:15 - 9:00	AM	AM	AM	AM	AD	AD	AD	CT	CT	CT
	9:00 - 9:15		SPRINTS								
10 AND UNDER SESSIONS											
THURS		LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE6	LANE 7	LANE 8	LANE 00
WEST	12:30-1:00	AD	AD	MR	MR	MA	MA	PV	PV	VA	VA
EAST		ME	ME	AM	AM	CT	CT	NJ	NJ	NI	NI
FRI											
WEST	12:30-1:00	ME	ME	AM	AM	CT	CT	NJ	NJ	NI	NI
EAST		AD	AD	MR	MR	MA	MA	PV	PV	VA	VA
SAT											
WEST	12:30-1:00	AD	AD	MR	MR	MA	MA	PV	PV	VA	VA
EAST		ME	ME	AM	AM	CT	CT	NJ	NJ	NI	NI
SPRINTS AT 1:00 - 1:10 - LANES 1-8 IN BOTH POOLS											
DIVE TANK AVAILABLE FOR ADDITIONAL WARM-UP											