

## 2010 IOWA YMCA STATE SWIM MEET SCHEDULE

### Boys Meet Schedule, SATURDAY, MARCH 6th

7:00 AM	Facility doors open and access to holding area available
8:00 AM – 9:30 AM	Warm ups begin
Session 1	8:00-8:15
Session 2	8:15-8:30
Session 3	8:30-8:45
Session 4	8:45-9:00
Session 5	9:00-9:15
9:15 AM	Coach and Scratch Meeting
9:15-9:45 AM	Starts and Sprints...All teams
Lane 1 and 2	13 and over
Lane 3 and 4	11 and 12
Lane 5 and 6	9 and 10
Lane 7 and 8	8 and under
9:45 AM	POOL CLOSED
9:50 AM	Timer Meeting @ start end of the pool
10:00 AM	Prayer and National Anthem
10:05 AM	Parade of athletes line up coordination in gym holding area
10:15 AM	Parade of athletes
10:30 AM	Meet start
BREAK	Between event 61 & 62 (No afternoon warm-ups)
Meet end	Coaches meeting

### Girls Meet Schedule, SUNDAY, MARCH 7th

7:00 AM	Facility doors open and access to holding area available
8:00 AM – 9:45 AM	Warm ups begin
Session 1	8:00-8:15
Session 2	8:15-8:30
Session 3	8:30-8:45
Session 4	8:45-9:00
Session 5	9:00-9:15
9:15 AM	Coach and Scratch Meeting
9:15-9:45 AM	Starts and Sprints...All teams
Lane 1 and 2	13 and over
Lane 3 and 4	11 and 12
Lane 5 and 6	9 and 10
Lane 7 and 8	8 and under
9:45 AM	POOL CLOSED
9:50 AM	Timer meeting at start end of the pool
9:50-10 AM	Worship Service in gym
10:00 AM	Prayer and National Anthem
10:05 AM	Parade of athletes line up coordination in gym holding area
10:15 AM	Parade of athletes
10:30 AM	Meet start
BREAK	Between event 61 & 62 (no afternoon warm-ups; parent /coach Relay)
Meet end	Coaches meeting

WARM UP SCHEDULES TO BE DISTRIBUTED AFTER SECTIONALS.