

## 2010 GIRLS YMCA STATE WARM UP SCHEDULES

**Sunday, March 7, 2010**

### SESSION 1 8:00 AM - 8:15 AM

**Athlete #'s**

Lane 1	Ankeny	34
Lane 2	Ankeny	"
Lane 3	DM Riverfront	18
Lane 4	Marshalltown	16
Lane 5	Newton - Brooklyn - Grinnell	13 - 9 - 8
Lane 6	Newton - Brooklyn - Grinnell	"
Lane 7	Black Hawk Co. - Centerville	13 - 3
Lane 8	Pella - Knoxville	14 - 2

### SESSION 2 8:15 AM - 8:30 AM

**Athlete #'s**

Lane 1	DM Walnut Creek	49
Lane 2	DM Walnut Creek	"
Lane 3	DM Walnut Creek	"
Lane 4	Fort Dodge - Fort Madison	14 - 3
Lane 5	Oskaloosa - LeMars	15 - 1
Lane 6	Waukee	49
Lane 7	Waukee	"
Lane 8	Waukee	"

### SESSION 3 8:30 AM - 8:45 AM

**Athlete #'s**

Lane 1	CR MACR - Burlington	42 - 6
Lane 2	CR MACR	"
Lane 3	CR MACR	"
Lane 4	CR Stoney Point	36
Lane 5	CR Stoney Point	"
Lane 6	Keokuk - Monticello	8 - 8
Lane 7	Fairfield - Algona - Council Bluffs	21 - 10 - 1
Lane 8	Fairfield - Algona - Boone	21 - 10 - 1

### SESSION 4 8:45 AM - 9:00 AM

**Athlete #'s**

Lane 1	Nishna Valley - Mills Co.	25 - 5
Lane 2	Nishna Valley - Mills Co.	"
Lane 3	Carroll - Forest City - Mason City	25 - 4 - 2
Lane 4	Carroll - Forest City - Mason City	"
Lane 5	Dubuque - Maquoketa	29 - 2
Lane 6	Dubuque	"
Lane 7	Emmettsburg - Charles City	21 - 10
Lane 8	Emmettsburg - Charles City	"

### SESSION 5 9:00 AM - 9:15 AM

**Athlete #'s**

Lane 1	Spencer - Scott Co.	26 - 4
Lane 2	Spencer - Scott Co.	"
Lane 3	Spirit Lake - Wilton	20 - 10
Lane 4	Spirit Lake - Wilton	"
Lane 5	Washington - Red Oak	24 - 6
Lane 6	Washington - Red Oak	"
Lane 7	Muscatine - Manning - Tipton	22 - 8 - 1
Lane 8	Muscatine - Manning - Tipton	"

\*Starts and Sprints are from 9:15 - 9:45 AM and will be assigned lanes by age group.

\*Lane 1/2= 13 and over, Lane 3/4= 11 and 12, Lane 5/6= 9 and 10 and Lane 7/8= 8 and under