

NE Regional Warm-up Assignments

Friday Night February 15, 2008

| | | | | | | |
|---------------|-----------------------------|---------------|---------------|---------------|---------------|---------------|
| 4:00 - 4:20pm | Lane 1 SSA | Lane 2 SSA | Lane 3 SSA | Lane 4 SSA | Lane 5 SSA | Lane 6 SSA |
| 4:20 - 4:40pm | AYT | ABF | ABF | BOSS | BOSS | BOSS |
| 4:40 - 5:00pm | CLBC NBST WEST SCA | HAY | LRAC | RAMS LRAC | RAMS | RAMS |

Saturday Morning February 16, 2008

| | | | | | | |
|-----------------------------------|---------------|----------------------|---------------|---------------|---------------|-----------------------|
| 7:00 - 7:20am | Lane 1 SSA | Lane 2 SSA | Lane 3 SSA | Lane 4 SSA | Lane 5 SSA | Lane 6 SSA NBST |
| 7:20 - 7:40am | LRAC | LRAC | RAMS | RAMS | BOSS | BOSS |
| 7:40 - 8:00am | HAY | AYT | CLBC SCA | CLBC | ABF WEST | ABF |
| 8:00 - 8:15am (see note below) | AYT BOSS | LRAC NBST WEST | RAMS | CLBC | ABF | SSA |

Saturday Afternoon February 16, 2008

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|---------------|---------------|---------------|---------------|---------------|---------------|-----------------------|
| 1:15 - 1:35pm | Lane 1 SSA | Lane 2 SSA | Lane 3 SSA | Lane 4 SSA | Lane 5 SSA | Lane 6 SSA WEST |
| 1:35 - 1:55pm | RAMS SCA | RAMS | RAMS | BOSS | BOSS | BOSS |
| 1:55 - 2:15pm | NBST CLBC | AYT | LRAC | HAY | ABF | ABF |

Sunday Morning February 17, 2008

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------------------------------|-------------|-------------|--------------|--------------|--------|-------------|
| 7:00 - 7:20am | SCA ABF | ABF | SSA | SSA | SSA | SSA |
| 7:20 - 7:40am | HAY | NBST AYT | AYT | BOSS WEST | BOSS | BOSS |
| 7:40 - 8:00am | CLBC | CLBC | RAMS | RAMS | LRAC | LRAC |
| 8:00 - 8:15am (see note below) | AYT BOSS | RAMS | RAMS LRAC | ABF | CLBC | SSA NBST |

Sunday Afternoon February 17, 2008

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|---------------|--------|-------------|--------|--------------|--------|-------------|
| 2:00 - 2:20pm | SSA | SSA | SSA | SSA | SSA | SSA NBST |
| 2:20 - 2:40pm | HAY | CLBC | AYT | SCA RAMS | RAMS | RAMS |
| 2:40 - 3:00pm | ABF | ABF LRAC | LRAC | BOSS WEST | BOSS | BOSS |

**NOTE: For safety, all 8 & under swimmers will warm-up from 8:00 - 8:15am Sat & Sun
 8 & under swimmers will not be allowed in the pool during any of the other warm-ups
 Only 8 & under swimmers will be allowed in the pool from 8:00 - 8:15am**