



2009 New England Regionals Warm-up Schedule
Please note: teams should conduct sprints during their scheduled warm-up times.
Warm-up pool available during regular warm-ups

FRIDAY EVENING (5:00 PM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:50 – 4:10	YNS	YNS	YNS	YNS	YNS	YNS	SSYS	SSYS
4:10 – 4:30	BGSC	BGSC	BGSC	WBGC PST	ORO KYD	NWSC	NWSC	NWSC
4:30 – 4:50	YMA	YMA	YMA	MD	MD	HHS DYD Athol Y	HYV BYB	MYT LRW

SATURDAY MORNING (8:00 AM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:50 – 7:10	YNS	YNS	YNS	YMA	YMA	YMA	SSYS	SSYS
7:10 - 7:30	BGSC	BGSC	BGSC	MYT	MYT	PST	BYB DYD Athol Y	WBGC KYD
7:30 - 7:50	NWSC	NWSC	HYV LRW	ORO	ORO	HHS	MD	MD

SATURDAY AFTERNOON (2:30 PM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:20 – 1:40	YNS	YNS	YNS	YNS	YNS	BGSC	BGSC	BGSC
1:40 – 2:00	NWSC	NWSC	NWSC	PST	PST MD	MD	HHS	MYT
2:00 - 2:20	YMA	YMA	LRW	SSYS	WBGC	DYD KYD	HYV Athol Y	ORO

SATURDAY EVENING (7:30 PM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 – 7:20	YNS	NWSC	BGSC	SSYS	MYT			



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SUNDAY MORNING (8:00 AM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:50 – 7:10	YNS	YNS	NWSC	NWSC	NWSC	ORO	ORO	LRW
7:10 - 7:30	HHS	MD	MD	MYT	MYT	PST	HYV WBGC	KYD BYB DYD Athol Y
7:30 - 7:50	BGSC	BGSC	BGSC	BGSC	YMA	YMA	YMA	SSYS

SUNDAY AFTERNOON (2:30 PM Start)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:20 – 1:40	YNS	YNS	YNS	YNS	MYT	BYB DYD	SSYS	SSYS
1:40 – 2:00	NWSC	NWSC	NWSC	PST	PST	MD	MD	HHS
2:00 - 2:20	YMA	YMA	LRW	BGSC	BGSC	KYD Athol Y WBGC	HYV	ORO