

2010 South Dakota Long Course State Championships

Warm-Up Schedule and Lane Assignments

NOTE: Timers and Officials meetings ½ hour prior to the start of each session. Coaches and swimmers must provide their own lap counters and timers for the 1,500 Freestyle and counters for the 800 Freestyle. There will be coaches meeting immediately following the last group of warm-ups before the start of each session. 45 minutes has been allowed for each group of warm-ups with 30 minutes of general warm-ups and 15 minutes of specifics.

Friday, July 31st, 2010 – Session 1 – Meet starts at 1:00pm

1st Group 12:00pm Warm-ups

Lane #	1	2	3	4	5	6
Team Name	Snowfox Sf Seals	Snowfox Sf Seals	Brookings	Pierre Vermillion	Aberdeen MAC	Rapid City Watertown

Friday, July 31st, 2010 – Session 2 – Meet starts at 5:45pm

1st Group 4:00pm Warm-ups

Lane #	1	2	3	4	5	6
Team Name	MAC	MAC Aberdeen Milbank Miller	Aberdeen	Snowfox	Snowfox	Snowfox Unattached UnattachedA Webster

2nd Group 4:45pm Warm-ups

Lane #	1	2	3	4	5	6
Team Name	Pierre	Pierre Aquaholics Eureka Ellsworth Deadwood	Brookings	Brookings Chamberlain Huron Vermillion	Watertown Rapid City	Sf Seals BH Gold Yankton

Saturday, August 1st, 2010 – 3rd Session – Meet starts at 9:30am

1st Group 7:00am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	MAC	MAC	MAC Watertown	Sf Seals	Huron	Chamberlain Ellsworth Webster

2nd Group 7:45am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	Snowfox	Snowfox	Snowfox	Snowfox Brookings	Brookings	Rapid City Milbank Miller

3rd Group 8:30am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	Aberdeen	Aberdeen Unattached UnattachedA	Pierre	Pierre Eureka Deadwood	Aquaholics BH Gold	Vermillion Yankton

Sunday, August 2nd, 2010 – 4th Session – Meet starts at 9:30am

1st Group 7:00am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	Aberdeen	Aberdeen Unattached UnattachedA	Pierre	Pierre Eureka Deadwood	Aquaholics BH Gold	Vermillion Yankton

2nd Group 7:45am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	Snowfox	Snowfox	Snowfox	Snowfox Brookings	Brookings	Rapid City Milbank Miller

3rd Group 8:30am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	MAC	MAC	MAC Watertown	Sf Seals	Huron	Chamberlain Ellsworth Webster