

# Mid-Cap Swim Meet

**Saturday July 26, 2003; 10AM Start**  
 Hosted by Palmyra Aquatic Club  
 Palmyra Community Pool, Palmyra, PA  
*Warm-Up Information*

<b>Lane Number</b>	<b>Session #1 ES</b> 7:15 – 7:35	<b>Session #2 ES</b> 7:40 – 8:00	<b>Session #3 ES/WS</b> 8:05 – 8:25	<b>Session #4 WS</b> 8:30 – 8:50	<b>Session #5 WS</b> 8:55 – 9:15
<b>1</b>	<b>HER</b>	<b>LEBY</b>	<b>HLFX,DAU</b>	<b>WSY</b>	<b>DAAC, SGSC</b>
<b>2</b>	<b>HER,MDT</b>	<b>LEBY,WWD</b>	<b>HEA</b>	<b>WSY,CSC, NYAC</b>	<b>YY</b>
<b>3</b>	<b>ACL</b>	<b>WWD</b>	<b>DEC,MBG</b>	<b>CSC</b>	<b>YY</b>
<b>4</b>	<b>ACL,LM,MTV</b>	<b>HST,RBH</b>	<b>HAC</b>	<b>IC, CHAC,</b>	<b>TAC,BSC</b>
<b>5</b>	<b>PAC</b>	<b>LAT</b>	<b>HAY,MSC,WSR</b>	<b>WSC</b>	<b>CVAC</b>
<b>6</b>	<b>PAC,PC</b>	<b>LAT,FAL</b>	<b>SMSC,BSAC</b>	<b>WSC,EPAC</b>	<b>LAC,GETY, Late Arrivals</b>

?? The Warm-Up lanes were determined using geographic location as best as possible. The number of swimmers per lane was determined by the number of swimmers attending from your club. Every attempt has been made so lanes have no more than 25 swimmers.

?? There is one partial lane available in the last warm-up session for ANY late arrivals.

?? There are two (2) warm-up sessions strictly for one-way sprints.

The **Capital Area Swim League (West Shore Teams)** will have 6 lanes available for one-way sprints from 9:20 – 9:35.

The **Mid-Penn Swim League (East Shore Teams)** will have lanes available for one-way sprints from 9:40 – 9:55.

?? There will be continuous warm-up/cool down after the meet begins. It will open after the first event of the meet and close at the end of Women 15-18 50 Backstroke. At this time the main pool will be utilized for assigned warm-up as described under “Break Warm-Up.” The main pool will reopen for general warm-up and cool down after the “Break Warm-Up. This area is for meet swimmers only. Entry into a lane must be feet first regardless of depth. Swimmers are to enter at the picnic table end near the slide and exit at the leaders at the diving board end when finished. There will be a lifeguard monitoring this area plus PAC volunteers. Swimmers found “horse-playing” in this area will be asked to leave the area. If the warm-up/cool down area is “misused”, it will be closed.

?? There will be a 15 minute break **after** the Women 15-18 50 Backstroke and prior to the 100 Freestyle for warm-up. The fifteen (15) minute break will be divided into two (2) segments. In the first segment, West Shore Teams will utilize the competition pool for one-way sprints. Please follow the one-way sprint assignments used during premeet warm-up. East Shore Teams may utilize the designated area for warm-up and cool-down in the main pool. The reverse procedure will occur in the second segment.