

**Mitchell Aquatic Club Corn Palace Invitational, July 3-5, 2009**

**Warm-Up Schedule and Lane Assignments**

NOTE: Timers and Officials meetings ½ hour prior to the start of each session. The MAC Parents will attempt to cover all positions for the meet but teams may be asked to provide timers if needed. Coaches and swimmers should be prepared to provide their own lap counters and timers for the 800 & 1500 Freestyle. There will be coaches meeting immediately following the last group of warm-ups before the start of each session. We've allowed 45 minutes for each group of warm-ups with 30 minutes of general warm-ups and 15 minutes of specifics.

**Friday, July 3<sup>rd</sup> – 1<sup>st</sup> Session – Meet starts at 11:45am**

Event #1 1500 Freestyle – 11:00am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	MAC / Vermillion	Brookings	Snowfox	Snowfox	Snowfox	Snowfox

**Friday, July 3<sup>rd</sup> – 1<sup>st</sup> Session – Meet starts at 3:30pm**

Events #2 thru #4 – 1<sup>st</sup> Group 1:45pm Warm-ups

Lane #	1	2	3	4	5	6
Team Name	MAC	MAC	MAC	MAC Huron Chamberlain	Huron	Huron

Events #2 thru #4 – 2<sup>nd</sup> Group 2:30pm Warm-ups

Lane #	1	2	3	4	5	6
Team Name	SF Snowfox	SF Snowfox	SF Snowfox Watertown	Watertown Aquaholics	Brookings Pierre	Vermillion Yankton Southwest Unattached

**Saturday, July 4<sup>th</sup> – 2<sup>nd</sup> Session – Meet starts at 8:45am**

1<sup>st</sup> Group – 7:00am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	MAC	MAC	MAC	Huron	Huron	Chamberlain

2<sup>nd</sup> Group – 7:45am Warm-ups

Lane #	1	2	3	4	5	6
Team Name	SF Snowfox	SF Snowfox	SF Snowfox Aquaholics	Pierre Unattached	Yankton Brookings Vermillion	Watertown Southwest

**Saturday, July 4<sup>th</sup> – 3<sup>rd</sup> Session – Meet starts at 1:30pm**

Session #3 Warm-ups begin at approximately 12:30pm

Lane #	1	2	3	4	5	6
Team Name	MAC	MAC	Snowfox	Snowfox	Huron Brookings Chamberlain	Watertown Pierre Southwest Yankton Unattached

**Sunday, July 5<sup>th</sup> – 4<sup>th</sup> Session – Meet starts at 8:45am**

Session #4 Warm-ups begin at 7:45am

Lane #	1	2	3	4	5	6
Team Name	MAC Watertown	MAC Southwest	SF Snowfox	SF Snowfox Pierre Yankton	Huron	Huron Chamberlain Aquaholics Unattached

**Sunday, July 5<sup>th</sup> – 5<sup>th</sup> Session – Meet starts at 12:00pm**

Session #5 Warm-ups begin at approximately 11:00am

Lane #	1	2	3	4	5	6
Team Name	MAC	MAC	Snowfox	Snowfox	Huron Chamberlain	Watertown Pierre Yankton Unattached