

**North Shore Swim Club Hanscom Specialty Meet  
Team Warm Up Assignments  
May 3, 2009**

**Sunday, May 3, 2009                      7:00-7:30 AM    Specialty Meet**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SSA	SSA	SSA	SSA	NSSC	NSSC

**Sunday, May 3, 2009                      7:30-8:00 AM    Specialty Meet**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
NAS	NWSC	GMSC	BAT	AAC	KASC
					ICMS

**Sunday May 3, 2009 Distance Meet**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
<b>General Warm Up not before 12:30 PM, All Lanes Meet starts 30 minutes later.</b>					

**Sunday May 3, 2009                      2:30-3:00 PM    Specialty Meet**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SSA	SSA	NSSC	NWSC	KASC	KASC
				ICMS	ICMS

**Sunday May 3, 2009                      3:00-3:30 PM    Specialty Meet**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
AAC	AAC	GMSC	GMSC	BAT	BAT
					NAS

**Note: There will be continuous Warm up/ Warm down during the entire meet.**