

2004 New England LCM 12 & Under Championships

July 22-25, 2004 - Harvard University

Team Work Assignments

Thursday, July 22, 2004: Warm up at 4:45pm, start at 5:30pm

800 freestyle: All swimmers must provide their own timers and counters

10-minute relay warmup no earlier than 6:30pm

Relay timing assignments: Arrive by 6:30pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ANA	BGSC	BOSS	BOSS	MAG	SAC	MST	YNS
AAC	BOSS	BOSS	BOSS	MAG	SSA	MD	YNS

Friday, July 23, 2004: Warmup at 9:30am, start at 10:45am

First rotation: Arrive by 10:30am, work from 10:45am until 1:00pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AAC	BOSS	BYB	HAY	MAG	PSC	SAC	WBW
AMV	BOSS	CCSC	HYV	NSSC	PVAC	SCA	YNS

Second rotation: Arrive by 12:45pm, work from 1:00pm until end of session

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ANA	BOSS	EST	KING	MAG	RAMS	SSA	WW
BGSC	BOSS	H2O	NCAC	NWSC	RAYS	SSYS	YNS

Saturday, July 24, 2004: Warmup at 9:30am, start at 10:45am

First rotation: Arrive by 10:30am, work from 10:45am until 1:00pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AAC	BGSC	CCSC	KING	MSG	PSC	SAC	SSA
ANA	BOSS	EST	MAG	NCAC	PVAC	SCA	WW

Second rotation: Arrive by 12:45pm, work from 1:00pm until end of session

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ASAT	BOSS	HAY	MD	NSSC	PSC	SAC	SSA
ANA	BOSS	HRY	MAG	PAC	RAYS	SSYS	YNS

Sunday, July 25, 2004: Warmup at 9:30am, start at 10:15am

1500 freestyle: All swimmers must provide their own timers and counters.

Regular session: Warmup no earlier than 11:45am, start no earlier than 1:00pm

First rotation: Arrive by 12:45pm, work from 1:00pm until 2:30pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AAC	BGSC	BOSS	CCSC	H2O	MTSC	PAC	SSA
AMV	BOSS	BOSS	EST	MAG	NCAC	RAMS	YNS

Second rotation: Arrive by 2:15pm, work from 2:30pm until end of session

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ANA	BYB	BOSS	GMA	HYV	NSSC	RAYS	SSYS
ATAT	BOSS	BOSS	GTRS	MAG	NWSC	SCA	YNS