

2010 Boyertown Long Course Invitational Warm-Up Schedule

Session 1 Events 33/34 1500/800 free

All teams 6:00-6:25 am

Session Start: 6:30 am

Session 2 Events 1 to 32

Boyertown Lanes 1-6 7:00 – 7:25 am

Pottstown Lanes 1-2 7:25 – 7:50 am

Lionville Lanes 3-5 7:25 – 7:50 am

CECY, Hazleton, Lane 6 7:25 – 7:50 am

Phoenixville

Session Start: 8:00 am

Feet first entry is required for the first 20 minutes of each warm-up session. The last 5 minutes of each warm-up session will be for sprints in Lanes 2-5, allowing 1 and 6 for late arrivals.

Coaches' Meeting 7:25 am

Officials' Meeting 7:40 am

Timers' Meeting 7:50 am.