

# **2008 HCY Autumn Challenge**

Sunday, November 16, 2008 @ RVCC

Session Start Times, Warm up & Timing Assignments

## **Session 1 – 13/over**

Warm Up 7:00-8:15 AM Start 8:20 AM

7:00-7:25	HCY
7:25-7:50	FSPY
7:50-8:15	WEY, RVY, MAY, GARY

Timing Assignments (1 timer from team; watches will be provided)

Lane 1	HCY, MAY
Lane 2	HCY, RVY
Lane 3	HCY, RVY
Lane 4	HCY, FSPY
Lane 5	HCY, FSPY
Lane 6	HCY, WEY

## **Session 2 – 9/10**

Warm up 12:30-1:10 PM Start 1:15 PM

12:30-12:50	HCY, MAY
12:50-1:10	FSPY, PFY, RVY, WEY, GARY

Timing Assignments (1 timer from team; watches will be provided)

Lane 1	HCY, FSPY
Lane 2	HCY, MAY
Lane 3	HCY, MAY
Lane 4	HCY, RVY
Lane 5	HCY, WEY
Lane 6	HCY, FSPY

## **Session 3 – 11/12**

Warm up 3:50-4:40 PM Start 4:45 PM

3:50-4:15	HCY, FSPY
4:15-4:40	GARY, MAY, PFY, RVY, WEY

Timing Assignments (1 timer from team; watches will be provided)

Lane 1	HCY, HCY
Lane 2	HCY, FSPY
Lane 3	HCY, FSPY
Lane 4	HCY, MAY
Lane 5	HCY, PFY
Lane 6	HCY, RVY