

North Ohio 7th & 8th Grade Invitational Meet - 12/12/2009

Warm-up Assignments by Team

Warm-up Starts at 8 AM, Second Session 8:30 AM, Third Session 9 AM

	TEAMS	F	M	Total	1st session 8-8:30 LANES	2nd session 8:30-9 LANES	3rd session 9-9:30 LANES
AOA-M	Andrews Osborne Academy	6	0	6			Lane 8
BEACH	Beachwood Middle School	7	9	16			Lane 8
CVAC	Chagrin Valley Athletic Club	6	10	16			Lane1
CPLY	Copley Water Warriors	2	5	7		Lane 7	
CFYN	Cuyahoga Falls Riverfront YMCA	18	10	28			Lane 2 & 3
CHMS	Cuyahoga Hts Middle School	12	4	16	Lane 5		
EM	Euclid Marlins Swim Team	5	2	7	Lane 1		
HAWK	Hawken Middle School	8	7	15		Lane 5	
MSHB	HB Middle School Swim Team	17	0	17	Lane 6		
HESK	Heskett / Bedford MS	8	8	16	Lane 8		
HEAT	Hudson Explorer Aquatic Team	19	9	28	Lane 6 & 7		
LEA	Lake Erie Aquatics	2	2	4			Lane 1
LSSC	Lake Shore Swim Club	20	4	24	Lane 4 & 3		
LRST	Lakewood Recreation Swim Team	4	7	11	Lane 1		
LAU	Laurel Middle School	7	0	7			Lane 3
MMS	Mayfield Middle School	12	14	26			Lane 5 & 6
PS	Penguin Swimming	9	4	13			Lane 4
RYD	Ridgewood Y Dolphins	4	0	4			Lane 4
SHMS	Shaker Heights Middle School	23	28	51		Lane 1, 2 & 3	
SMS	Solon Middle School	16	10	26		Lane 8 & 7	
SWIM	SwimStrongsville	13	12	25	Lane 2 & 3		
US	University School	0	20	20	Lane 4		
USC	University Swim Club	1	2	3		Lane 5	
WSST	West Shore Family YMCA	8	9	17	Lane 7		
WEST	Westlake Waves Swim Club	10	11	21		Lane 6	

Warm-up Assignment BY LANE

First session 8:00 - 8:30

lane	1	2	3	4	5	6	7	8
Team	LRST	SWIMSTRONG	SWIMSTRONG	LSSC	Cuy. Hts	HB	Westshore Y	Heskett
Swimmers	11	17	8	17	16	17	17	16
Team	Euclid		LSSC					
Swimmers	7		7					

Second session 8:30 - 9:00

lane	1	2	3	4	5	6	7	8
Team	SHSH	SHSH	SHSH	US	HAWKEN	WEST	Copley	SOLON
Swimmers	17	17	17	20	15	21	7	17
Team					USC		SOLON	
Swimmers					3		9	

Third session 9:00 - 9:30

lane	1	2	3	4	5	6	7	8
Team	CVAC	CFYN	CFYN	PENQUINS	Mayfield	MAYFIELD	HEAT	BEACHWOOD
Swimmers	16	17	11	13	18	8	18	16
Team	LEA		LAUREL	Ridgewood Y		HEAT		AOA
Swimmers	4		7	4		10		6