

**WEST SHORE YMCA & YMCA OF NORTHERN YORK PRESENTS  
2009 CPAL BILL SCHMIDT MEMORIAL ALL STAR CHAMPIONSHIP MEET  
Sunday, February 15, 2009**

**Warm-Up Schedule AM Session** \*\*\*based on 130 swimmers per session/17 per lane

**Session I**                      7:30-8am                      **\*\*7:55-8am Lanes 1-2/7-8 are one way sprints**

HAC	WSY	CVAC	NYAC	SMSC	CYAA
SLST	ACWS	EPAC	MSC	GETY	CA
CHMB					

**Session II**                      8:05-8:35am                      **\*\*8:30-8:35 Lanes 1-2/7-8 are one way sprints**

YY	LPAC	FSC	NDCY	PAC	LEBY
LFYL	LFYB	EAC	HANY	LVO	HAY
MAC	MASC	CA	WAY	SAC	BSAC

**Sprint Session:**    8:35-8:45am                      **All 8 Lanes will be available for One Way Sprints**



**Warm-Up Schedule PM Session** \*\*\*based on 100 swimmers per session/12 per lane

**Session I**                      11:55-12:25pm                      **\*\*12:20-12:25pm**                      **Lanes 1-2/7-8 are one way sprints**

WSY	NYAC	HAC	CYAA	GETY
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**Session II**                      12:30-1pm                      **\*\*12:55-1pm**                      **Lanes 1-2/7-8 are one way sprints**

SMSC	CVAC	CA	CHY	MSC
EPAC	ACWS	HAY		

**Session III**                      1:05-1:35pm                      **\*\*1:30-1:35pm**                      **Lanes 1-2/7-8 are one way sprints**

NDCY	LPAC	LVO	LEBY	PACS
WAY	BSAC	YY		

**Session IV**                      1:40-2:10pm                      **\*\*2:05-2:10pm**                      **Lanes 1-2/7-8 are one way sprints**

LFYL	LFYB	MASC	EAC
FSC	SAC	MAC	SLST

