

MAST 2009 GOLD STAR INVITATIONAL - TEAM WARM-UP SCHEDULE

NOVEMBER 20, 2009 (FRIDAY) – MEET STARTS AT 6:05 PM

<u>LANE</u>	<u>TEAM</u>	<u>WARM-UP TIME</u>
<u>SESSION # 1</u>		
1-4	MILFORD (44)	5:00 – 5:30 PM
5	WAYS (6), OHST (4)	5:00 – 5:30 PM
6	KINGFISH (7)	5:00 – 5:30 PM
<u>SESSION # 2</u>		
1-3	SYCAMORE (22)	5:30 – 6:00 PM
4-5	DAYTON RAIDERS (18)	5:30 – 6:00 PM
6	MARIEMONT (4), KCST (3)	5:30 – 6:00 PM

NOVEMBER 21, 2009 (SATURDAY – AM) – MEET STARTS AT 8:35 AM

<u>SESSION # 1</u>		
1-5	MILFORD (34)	7:00 – 7:30 AM
6	WAYS (5)	7:00 – 7:30 AM
<u>SESSION # 2</u>		
1-4	SYCAMORE (38)	7:30 – 7:55 AM
5	MARIEMONT (12)	7:30 – 7:55 AM
6	OHST (7), KCST (4)	7:30 – 7:55 AM
<u>SESSION # 3</u>		
1-3	KINGFISH (31)	7:55 – 8:20 AM
4-6	DAYTON RAIDERS (23)	7:55 – 8:20 AM
<u>SESSION # 4</u>		
1-6	ONE WAY SPRINTS - ALL TEAMS	8:20 – 8:30 AM

NOVEMBER 21, 2009 (SATURDAY – PM) – MEET STARTS AT 2:15 PM

<u>SESSION # 1</u>		
1-4	SYCAMORE (39)	1:00 – 1:20 PM
5-6	KINGFISH (17)	1:00 – 1:20 PM
<u>SESSION # 2</u>		
1-3	WAYS (38)	1:20 – 1:40 PM
4-5	DAYTON RAIDERS (25)	1:20 – 1:40 PM
6	KCST (8), OHST (2)	1:20 – 1:40 PM
<u>SESSION # 3</u>		
1-3	MAST (27)	1:40 – 2:00 PM
4-6	MARIEMONT (36)	1:40 – 2:00 PM
<u>SESSION # 4</u>		
1-6	ONE WAY SPRINTS – ALL TEAMS	2:00 – 2:10 PM

NOVEMBER 22, 2009 (SUNDAY – AM) – MEET STARTS AT 8:35 AM

<u>SESSION # 1</u>		
1-4	MILFORD (33)	7:00 – 7:30 AM
5-6	MARIEMONT (14)	7:00 – 7:30 AM
<u>SESSION # 2</u>		
1-4	SYCAMORE (40)	7:30 – 7:55 AM
5-6	DAYTON RAIDERS (24)	7:30 – 7:55 AM
<u>SESSION # 3</u>		
1-4	KINGFISH (28)	7:55 – 8:20 AM
5-6	WAYS (6), KCST (5), OHST (5)	7:55 – 8:20 AM
<u>SESSION # 4</u>		
1-6	ONE WAY SPRINTS - ALL TEAMS	8:20 – 8:30 AM

NOVEMBER 22, 2009 (SUNDAY – PM) – MEET STARTS AT 2:15 PM

<u>SESSION # 1</u>		
1-3	MILFORD (28)	1:00 – 1:20 PM
4-6	SYCAMORE (26)	1:00 – 1:20 PM
<u>SESSION # 2</u>		
1-3	MARIEMONT (37)	1:20 – 1:40 PM
4-6	DAYTON RAIDERS (25)	1:20 – 1:40 PM
<u>SESSION # 3</u>		
1-3	WAYS (23)	1:40 – 2:00 PM
4-5	KINGFISH (12)	1:40 – 2:00 PM
6	KCST (7), OHST (2)	1:40 – 2:00 PM
<u>SESSION # 4</u>		
1-6	ONE WAY SPRINTS - ALL TEAMS	2:00 – 2:10 PM