

**Upper Merion Aquatic Club  
MARLINS  
LAST CHANCE INVITATIONAL MEET  
JANUARY 23, 2010**

**Lane Assignments and Warm Up Times**

**8&U / 10&U Morning Warm Up**

	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
7:15-7:30 am	UMAC	UMAC	UMAC	UMAC	UMAC	MAC
7:30- 7:45 am	NAAC	NAAC	PWAC	RAC	RAC	SAC
7:45- 8:00 am	PVAC	PVAC SWAC	LMAC	LMAC	WCAC	SOU CR
8:00- 8:15 am	UDAC	UDAC CBAC	NPAC	NPAC	PAC PR	HHAA LMSD

**12&U / 14&U / Unl. Afternoon Warm Up**

	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
12:45-1:00 pm	UMAC	UMAC	UMAC	UMAC	RAC	RAC
1:00-1:15 pm	NAAC	NAAC	PVAC	PVAC	PWAC	MAC
1:15-1:30 pm	NPAC UDAC	WCAC	WCAC	SAC	LMAC	SOU
1:30-1:45 pm	CR	HHAA	LMSD SWAC	CBAC DCAA	PR	PAC

**COACHES:**

**Each team must supply 1 timer for each session. We can't start the meet without them!**

And just as important: From all of us at UMAC, we would like to thank you for taking the time to participate in our meet. We understand that by this time of the year it takes a real dedication to promote another invitational meet, knowing that you'll be spending all day on pool deck. On behalf of our club and your swimmers, we would like to thank you for your time, hard work, and dedication!