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SECTION IX

SWIMMING & DIVING

SCOTT WARNER
Boys Section Coordinator

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Section IX 2010 Boys Swimming & Diving Championship Valley Central High School

Thursday, February 11 (Diving Prelims)

Warm Up: 2:30 p.m.
Boards Closed: 4:20 p.m.
Coaches Meeting: 4:20 p.m.
Start: 4:30 p.m.

(Snow Date: Saturday February 13 Morning TBA, See web site section9swim.com)

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#### Friday, February 12 (Swim Prelims)

Warm Up: Circle Swim, any lane 2:30 p.m. - 3:50 p.m.  
Lanes 1, 5, 8 Remain Circle swim 3:50 p.m. - 4:20 p.m.  
Lanes 2, 3, 4 Relay Take offs  
Lanes 6 & 7 One way sprints

Pool Cleared: 4:20 p.m.  
Coaches Meeting: 4:20 p.m.  
Start 4:30 p.m.

*(Snow Date: Saturday February 13 Time TBA, See web site section9swim.com)*

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Saturday, February 13 (Finals)

Divers Warm up: 12:00 p.m. - 1:00 p.m.
Swimmers warm up: Circle Swim, any lane 1:00 p.m. - 1:50 p.m.
Lanes 1, 5, 8 Remain Circle swim 1:50 p.m. - 2:20 p.m.
Lanes 2, 3, 4 Relay Take offs
Lanes 6 & 7 One way sprints

Pool Cleared: 2:20 p.m.
Coaches Meeting: 2:20 p.m.
Start 2:30 p.m.

(Snow Date: Monday February 15, See web site section9swim.com)

Coaches:

- **If you plan to warm-up at your facility, please notify Scott Warner of when you plan to arrive at the pool for competition.**
- **Discuss with your team that Valley Central will not be held responsible for any lost or stolen items, bring a lock and lock it up!**