

2010 CASL Swimming Championships - 7/16/2010 to 7/17/2010
Warm-up Sheet

Warm-up Starts at 07:00 AM

Session: 1 FridayMorning

Day of Meet: 1 Starts at 08:30 AM

Total Athletes: 348 - Women: 187 - Men: 161

	Team	7:00AM	Lane	
	RG	Ringgold	1	
	RG	Ringgold	2	
	RG	Ringgold	3	
	CBB	CALHOUN BLUE BARRACUDAS	4	
	CBB	CALHOUN BLUE BARRACUDAS	5	
	FTO	FTO Marlins Swim Team	6	
	DAL-GA	Dalton Dolphins	7	
	DAL-GA	Dalton Dolphins	8	

	Team	7:30AM	Lane	
	FCLUB-GA	Fairyland Club	1	
	FCLUB-GA	Fairyland Club	2	
	FCLUB-GA	Fairyland Club	3	
	CYF-US	cumberland youth foundation	4	
	HHST-CA	Hamilton YMCA Hurricanes	5	
	CGCC-US	Chattanooga Golf Country Club	6	
	STH	Stuart Heights Swim & Dive	7	
	STH	Stuart Heights Swim & Dive	8	

	Team	8:00AM	Lane	
	CATS	Cleveland Aqua Tigers CASL	1	
	OSC-SE	Ooltewah Swim Center TidalWave	2	
	RBST-SE	Red Bank Swim Team	3	
	RSST	Ridgeside Swim Team	4	
	DOGS-SE	Mosby Park Waterdogs	5	
	SMST	Signal Mountain Swim Team	6	
	SMST	Signal Mountain Swim Team	7	
	SMST	Signal Mountain Swim Team	8	

2010 CASL Swimming Championships - 7/16/2010 to 7/17/2010
Warm-up Sheet

Warm-up Starts at 11:30 AM
 Session: 2 Friday Afternoon
 Day of Meet: 1 Starts at 01:00 PM
 Total Athletes: 398 - Women: 210 - Men: 188

	Team	11:30AM	Lane	
	RG	Ringgold	1	
	RG	Ringgold	2	
	CBB	CALHOUN BLUE BARRACUDAS	3	
	HHST-CA	Hamilton YMCA Hurricanes	4	
	FTO	FTO Marlins Swim Team	5	
	CYF-US	cumberland youth foundation	6	
	DAL-GA	Dalton Dolphins	7	
	DAL-GA	Dalton Dolphins	8	

	Team	12:00PM	Lane	
	CATS	Cleveland Aqua Tigers CASL	1	
	CATS	Cleveland Aqua Tigers CASL	2	
	FCLUB-GA	Fairyland Club	3	
	FCLUB-GA	Fairyland Club	4	
	DOGS-SE	Mosby Park Waterdogs	5	
	DOGS-SE	Mosby Park Waterdogs	6	
	STH	Stuart Heights Swim & Dive	7	
	STH	Stuart Heights Swim & Dive	8	

	Team	12:30PM	Lane	
	RBST-SE	Red Bank Swim Team	1	
	RBST-SE	Red Bank Swim Team	2	
	RSST	Ridgeside Swim Team	3	
	RSST	Ridgeside Swim Team	4	
	OSC-SE	Ooltewah Swim Center TidalWave	5	
	CGCC-US	Chattanooga Golf Country Club	6	
	SMST	Signal Mountain Swim Team	7	
	SMST	Signal Mountain Swim Team	8	

2010 CASL Swimming Championships - 7/16/2010 to 7/17/2010
Warm-up Sheet

Warm-up Starts at 07:00 AM
 Session: 4 Saturday Morning
 Day of Meet: 2 Starts at 08:30 AM
 Total Athletes: 416 - Women: 225 - Men: 191

	Team	7:00AM	Lane	
	RG	Ringgold	1	
	RG	Ringgold	2	
	RG	Ringgold	3	
	CBB	CALHOUN BLUE BARRACUDAS	4	
	CBB	CALHOUN BLUE BARRACUDAS	5	
	FTO	FTO Marlins Swim Team	6	
	DAL-GA	Dalton Dolphins	7	
	DAL-GA	Dalton Dolphins	8	

	Team	7:30AM	Lane	
	FCLUB-GA	Fairyland Club	1	
	FCLUB-GA	Fairyland Club	2	
	FCLUB-GA	Fairyland Club	3	
	CYF-US	cumberland youth foundation	4	
	HHST-CA	Hamilton YMCA Hurricanes	5	
	CGCC-US	Chattanooga Golf Country Club	6	
	STH	Stuart Heights Swim & Dive	7	
	STH	Stuart Heights Swim & Dive	8	

	Team	8:00AM	Lane	
	CATS	Cleveland Aqua Tigers CASL	1	
	OSC-SE	Ooltewah Swim Center TidalWave	2	
	RBST-SE	Red Bank Swim Team	3	
	RSST	Ridgeside Swim Team	4	
	DOGS-SE	Mosby Park Waterdogs	5	
	SMST	Signal Mountain Swim Team	6	
	SMST	Signal Mountain Swim Team	7	
	SMST	Signal Mountain Swim Team	8	

2010 CASL Swimming Championships - 7/16/2010 to 7/17/2010
Warm-up Sheet

Warm-up Starts at 11:30 AM
 Session: 5 SaturdayAfternoon
 Day of Meet: 2 Starts at 01:00 PM
 Total Athletes: 408 - Women: 216 - Men: 192

	Team	11:30AM	Lane	
	RG	Ringgold	1	
	RG	Ringgold	2	
	CBB	CALHOUN BLUE BARRACUDAS	3	
	HHST-CA	Hamilton YMCA Hurricanes	4	
	FTO	FTO Marlins Swim Team	5	
	CYF-US	cumberland youth foundation	6	
	DAL-GA	Dalton Dolphins	7	
	DAL-GA	Dalton Dolphins	8	

	Team	12:00PM	Lane	
	CATS	Cleveland Aqua Tigers CASL	1	
	CATS	Cleveland Aqua Tigers CASL	2	
	FCLUB-GA	Fairyland Club	3	
	FCLUB-GA	Fairyland Club	4	
	DOGS-SE	Mosby Park Waterdogs	5	
	DOGS-SE	Mosby Park Waterdogs	6	
	STH	Stuart Heights Swim & Dive	7	
	STH	Stuart Heights Swim & Dive	8	

	Team	12:30PM	Lane	
	RBST-SE	Red Bank Swim Team	1	
	RBST-SE	Red Bank Swim Team	2	
	RSST	Ridgeside Swim Team	3	
	RSST	Ridgeside Swim Team	4	
	OSC-SE	Ooltewah Swim Center TidalWave	5	
	CGCC-US	Chattanooga Golf Country Club	6	
	SMST	Signal Mountain Swim Team	7	
	SMST	Signal Mountain Swim Team	8	