

**2017 Florida YMCA State SC Swimming Champs - 2/10/2017 to 2/12/2017****Warm-up Sheet****Session: 1-2 Friday Evening**Assigned warm-up **3:30-4:15pm** & **4:15-5:00pm** then general, pace lanes & one way sprints 5:00-5:25pm

\*\*\* DIVING WELL CLOSED UNTIL MEET START \*\*\*

Day of Meet: 1 Starts at 05:30pm

Total Athletes: 307 - Women: 153 - Men: 154

Team	Women	Men	Total	Lane
<b>SYS-FL</b> Sarasota YMCA Sharks	76	90	166	full comp pool
YCF-FL YMCA of Central Florida	23	22	45	scoreboard side 1-5
PYP-FL Piranhas YMCA Palm Harbor	32	21	53	bulkhead side 1-6
YSF-FG YSF Barracudas	10	10	20	bulkhead side 7-8
TYS-FL Tampa Y Swimming	6	9	15	scoreboard side 6-7
YFFC-FL YMCA of Florida's First Coast	6	2	8	scoreboard side 8

**Session: 3-4 Saturday Morning Preliminaries**Assigned warm-up **6:00-6:45am** & **6:45-7:30am** then general, pace lanes & one way sprints from 7:30-

\*\*\* DIVING WELL OPEN FOR GENERAL WARM UP AT 6:45am \*\*\*

Day of Meet: 2 Starts at 08:00am

Total Athletes: 337 - Women: 178 - Men: 159

Team	Women	Men	Total	Lane
<b>SYS-FL</b> Sarasota YMCA Sharks	68	65	133	full comp pool
PYP-FL Piranhas YMCA Palm Harbor	38	33	71	scoreboard side 1-8
<b>YCF-FL</b> YMCA of Central Florida	24	25	49	full diving well
YSF-FG YSF Barracudas	17	22	39	bulkhead side 1-4
TYS-FL Tampa Y Swimming	13	10	23	bulkhead side 5-6
YFFC-FL YMCA of Florida's First Coast	18	4	22	bulkhead side 7-8

**Session: 5-6 Saturday Afternoon Prleims / Timed Finals**Assigned warm-up **12:00-12:30pm** then general, pace lanes & one way sprints from 12:30-12:40pm

\*\*\* DIVING WELL CLOSED UNTIL MEET START \*\*\*

Day of Meet: 2 Starts at 12:45pm

Total Athletes: 280 - Women: 153 - Men: 127

Team	Women	Men	Total	Lane
<b>SYS-FL</b> Sarasota YMCA Sharks	50	46	96	scoreboard side 1-8
<b>YCF-FL</b> YMCA of Central Florida	25	23	48	diving well 1-4
YSF-FG YSF Barracudas	19	22	41	bulkhead side 1-4
TYS-FL Tampa Y Swimming	21	20	41	diving well 5-7
PYP-FL Piranhas YMCA Palm Harbor	27	9	36	bulkhead side 5-7
YFFC-FL YMCA of Florida's First Coast	11	7	18	bulkhead side 8

**Session: 8-9 Sunday Morning Preliminaries**

Assigned warm-up 6:00-6:45am & 6:45-7:30am then general, pace lanes & one way sprints from 7:30-

\*\*\* DIVING WELL OPEN FOR GENERAL WARM UP AT 6:45am \*\*\*

Day of Meet: 3 Starts at 08:00 AM

Total Athletes: 296 - Women: 153 - Men: 143

	<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>
SYS-FL	Sarasota YMCA Sharks	46	47	93	full comp pool
PYP-FL	Piranhas YMCA Palm Harbor	35	31	66	scoreboard side 1-8
YCF-FL	YMCA of Central Florida	25	27	52	full diving well
YSF-FG	YSF Barracudas	16	22	38	bulkhead side 1-4
TYS-FL	Tampa Y Swimming	13	11	24	bulkhead side 5-6
YFFC-FL	YMCA of Florida's First Coast	18	5	23	bulkhead side 7-8

**Session: 10-11 Sunday Afternoon Prelims / Timed Finals**

Assigned warm-up 12:00-12:30pm followed by general, pace lanes & one way sprints from 12:30-12:40pm

\*\*\* DIVING WELL CLOSED UNTIL MEET START \*\*\*

Day of Meet: 3 Starts at 12:45 PM

Total Athletes: 256 - Women: 141 - Men: 115

	<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>
SYS-FL	Sarasota YMCA Sharks	40	44	84	scoreboard side 1-8
YSF-FG	YSF Barracudas	19	22	41	diving well 1-4
YCF-FL	YMCA of Central Florida	23	19	42	bulkhead side 1-4
TYS-FL	Tampa Y Swimming	21	14	35	bulkhead side 5-7
PYP-FL	Piranhas YMCA Palm Harbor	27	9	36	diving well 5-7
YFFC-FL	YMCA of Florida's First Coast	11	7	18	bulkhead side 8