

**North Shore Swim Club
Specialty Meet: Springfield College
Saturday - Sunday, June 24-25, 2023**

Saturday, June 24, 2023

13 and Over Session: Start 8:45 AM

Warm up 1: 8:00-8:20 AM

1	2	3	4	5	6
HAY	HAY	SARY/LIFE	CLIP	NSSC	NSSC

Warm up 2: 8:20-8:40 AM

1	2	3	4	5	6
CPP	CPP	DELM	HYV	KYD/MY	YNS

12 and Under Session Start Time: 2:00 PM

Warm up 1: 1:15-1:35 PM

1	2	3	4	5	6
HAY	HAY	YNS	YNS/SARY	NSSC	NSSC

Warm up 2: 1:35-1:55 PM

1	2	3	4	5	6
HYV	HYV/DELM	LIFE	CLIP	CPP	KYD/NANT/MY

**North Shore Swim Club
Specialty Meet: Springfield College
Saturday - Sunday, June 24-25, 2023**

Sunday, June 25, 2023

13 and Over Session: Start 8:45 AM

Warm up 1: 8:00-8:20 AM

1	2	3	4	5	6
CPP	CPP	HAY	HAY	NSSC/LIFE	NSSC

Warm up 2: 8:20-8:40 AM

1	2	3	4	5	6
DELM	HYV	CLIP	KYD	YNS/NANT	SARY/SOLO

12 and Under Session Start Time: 12:45 PM

Warm up 1: 12:00-12:20 PM

1	2	3	4	5	6
LIFE	HYV	SARY/NANT	NSSC/DELM	NSSC	NSSC

Warm up 2: 12:20-12:40 PM

1	2	3	4	5	6
HAY	HAY	HAY/KYD	YNS	YNS/ CPP	CLIP