



North Shore Swim Club
5/4/25-5/5/25
Springfield College Specialty Meet
Warm up Assignments

Saturday May 3, 2025

13 & Over Session

Session Start Time: 8:50 AM

Warm Up 1 8:00 – 8:20

| | | | | | |
|------|------|-----|-----|-----|------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| NSSC | NSSC | HAY | HAY | KYD | KYD |
| | | | | | OTTR |

Warm Up 2 8:25 – 8:45

| | | | | | |
|------|------|------|------|-----|------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| ATST | ATST | ATST | ATST | SAQ | SAQ |
| | | | | | WMAD |

12 and Under Session

Session Start Time: 1:20 PM

Warm Up 1 12:30 – 12:50 PM

| | | | | | |
|------|-----|-----|-----|------|------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| NSSC | HAY | HAY | HAY | WMAD | OTTR |

Warm up 2: 12:55-1:15 PM

| | | | | | |
|------|------|------|------|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 |
| ATST | ATST | ATST | ATST | KYD | SAQ |



North Shore Swim Club
5/4/25-5/5/25
Springfield College Specialty Meet
Warm up Assignments

Sunday May 4, 2025

13 & Over Session

Session Start Time: 8:50 AM

Warm Up 1 8:00 – 8:20

| | | | | | |
|------|------|------|------|------|------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| NSSC | NSSC | ATST | ATST | ATST | ATST |

Warm Up 2 8:25 – 8:45

| | | | | | |
|-----|-----|-----|-----|-----|------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| SAQ | SAQ | HAY | HAY | KYD | OTTR |
| | | | | | WMAD |

12 and Under Session

Session Start Time: 12:05 PM

Warm Up 1 11:15 – 11:35 AM

| | | | | | |
|------|------|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 |
| NSSC | NSSC | HAY | HAY | HAY | KYD |
| | OTTR | | | 4 | |

Warm up 2: 11:40AM-12:00 PM

| | | | | | |
|------|------|------|------|------|------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| ATST | ATST | ATST | ATST | ATST | WMAD |
| | | | | | SAQ |