

2010 MSI Long Course Championships - 7/22/2010 to 7/25/2010
Warm-up Sheet

Warm-up Starts at 02:00 PM

Session: 1 Thursday - PM - Finals

Day of Meet: 1 Starts at 04:00 PM

Total Athletes: 164 - Women: 83 - Men: 81

First Warm Up – 2:00 to 2:50pm

Team	Women	Men	Total	Lane
MMST-MS Mississippi Makos Swim Team	27	29	56	1-5
LSAM-MS Laurel Swim Association	1	7	8	6
VSAI-MS Vicksburg Swimming Association	0	3	3	7
SUNS-MS Sunkist Swim Team	5	2	7	7
DAC-MS Delta Aquatic Club	9	7	16	8

Second Warm Up – 2:50 to 3:40pm

Team	Women	Men	Total	Lane
HSAS-MS YMCA Hub Fins	12	12	24	1-3
BEST-MS BILOXI ELITE SWIM TEAM	17	4	21	4-5
SWAT-MS MS Shockwave Aquatic Team	11	9	20	6-7
SCSO-MS SWIM COLUMBUS	0	7	7	8
MPAC-MS Mississippi Piranhas Aquatic C	1	1	2	8

2010 MSI Long Course Championships - 7/22/2010 to 7/25/2010
Warm-up Sheet

Warm-up Starts at 06:30 AM

Session: 2 Friday - AM - Prelims

Day of Meet: 2 Starts at 08:30 AM

Total Athletes: 312 - Women: 160 - Men: 152

First Warm Up – 6:30 to 7:20am

Team	Women	Men	Total	Lane
SWAT-MS MS Shockwave Aquatic Team	40	36	76	1-4
MSAS-MS Meridian Swimming Association	0	2	2	4
HSAS-MS YMCA Hub Fins	16	15	31	5-6
MPAC-MS Mississippi Piranhas Aquatic C	4	2	6	6
SCSO-MS SWIM COLUMBUS	3	13	16	7
BEST-MS BILOXI ELITE SWIM TEAM	19	7	26	8, SHALLOW

Second Warm Up – 7:20 to 8:10am

Team	Women	Men	Total	Lane
MMST-MS Mississippi Makos Swim Team	37	37	74	1-4
UN-MS UNATTACHED MMST	3	2	5	4
SUNS-MS Sunkist Swim Team	15	9	24	5-6
VSAI-MS Vicksburg Swimming Association	4	5	9	5-6
LSAM-MS Laurel Swim Association	4	11	15	7
OSY-MS OCEAN SPRINGS YMCA	2	1	3	7
DAC-MS Delta Aquatic Club	13	12	25	8

2010 MSI Long Course Championships - 7/22/2010 to 7/25/2010
Warm-up Sheet

Warm-up Starts at 06:30 AM

Session: 4 Saturday - AM - Prelims

Day of Meet: 3 Starts at 08:30 AM

Total Athletes: 325 - Women: 168 - Men: 157

First Warm Up – 6:30 to 7:20am

Team	Women	Men	Total	Lane
MMST-MS Mississippi Makos Swim Team	42	36	78	1-4
UN-MS UNATTACHED MMST	3	2	5	4
LSAM-MS Laurel Swim Association	4	11	15	5
SUNS-MS Sunkist Swim Team	15	10	25	6
VSAI-MS Vicksburg Swimming Association	7	7	14	7
DAC-MS Delta Aquatic Club	11	13	24	8

Second Warm Up – 7:20 to 8:10am

Team	Women	Men	Total	Lane
SWAT-MS MS Shockwave Aquatic Team	41	36	77	1-4
SCSO-MS SWIM COLUMBUS	2	13	15	5
OSY-MS OCEAN SPRINGS YMCA	2	1	3	5
MSAS-MS Meridian Swimming Association	0	1	1	5
BEST-MS BILOXI ELITE SWIM TEAM	21	8	29	6-7
MPAC-MS Mississippi Piranhas Aquatic C	4	2	6	6-7
HSAS-MS YMCA Hub Fins	16	17	33	8, SHALLOW

2010 MSI Long Course Championships - 7/22/2010 to 7/25/2010
Warm-up Sheet

Warm-up Starts at 06:30 AM

Session: 6 Sunday - AM - Prelims

Day of Meet: 4 Starts at 08:30 AM

Total Athletes: 322 - Women: 160 - Men: 162

First Warm Up – 6:30 to 7:20am

Team	Women	Men	Total	Lane
SWAT-MS MS Shockwave Aquatic Team	41	40	81	1-4
SCSO-MS SWIM COLUMBUS	3	13	16	5
MPAC-MS Mississippi Piranhas Aquatic C	4	2	6	5
MSAS-MS Meridian Swimming Association	0	1	1	6
HSAS-MS YMCA Hub Fins	14	17	31	6-7
OSY-MS OCEAN SPRINGS YMCA	2	1	3	6-7
BEST-MS BILOXI ELITE SWIM TEAM	21	8	29	8, SHALLOW

Second Warm Up – 7:20 to 8:10am

Team	Women	Men	Total	Lane
MMST-MS Mississippi Makos Swim Team	35	33	68	1-4
UN-MS UNATTACHED MMST	3	2	5	4
SUNS-MS Sunkist Swim Team	15	12	27	5-6
LSAM-MS Laurel Swim Association	5	9	14	5-6
UN!-MS unattached	0	1	1	7
DAC-MS Delta Aquatic Club	12	17	29	7-8
VSAI-MS Vicksburg Swimming Association	5	6	11	7-8