



SATURDAY/SUNDAY  
 AFTERNOON SESSION  
 WARMUP SCHEDULE

AG	TIME	1	2	3	4	5	6
13 OVER	2:00- 2:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12 UNDER	2:30- 2:50	WYW	WYW	GRYM	PSDY	PSDY/ CPAC	CPAC
12 UNDER	2:50- 3:10	FFLY	FFLY	NCY	NCY	NCY	NCY
13 OVER	3:10- 3:25	PACE	SPRINT	CIRCLE	CIRCLE	SPRINT	PACE

NOTE

12 UNDER WARMUPS ARE TO INCLUDE SPRINTS