



## WARM UP ASSIGNMENTS

### Saturday & Sunday Morning Session (12/U Girls & 13/O Boys)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7-7:25AM 13/Over	RST	RST	RAC	RAC	WEST	NFAF
7:25-7:45AM 12/Under	RST	RST	RST	NFAF	WEST/NFAF	WEST
7:45-8:05AM 12/under	RAC	RAC	RAC	RAC	RAC	RAC

**SPECIFIC WARM-UP 8:05-8:15**

Lanes 1-4 1 Way Sprints, Lane 5 Circle, Lane 6 Pace

Start: 8:20AM

### Saturday & Sunday Afternoon Session (12/U Boys & 13/O Girls)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12-12:25PM 13/Over	RAC	RAC	RAC	WEST	WEST/OXO	NFAF
12:25-12:45PM 12/Under	RAC	RAC	RAC	WEST	WEST/OXO	NFAF
12:45-1:10PM Mixed Ages	RST 12/U 12:45-1:05	RST 12/U 12:45-1:05	RST 12/U 12:45-1:05	RST 13/O 12:45-1:10	RST 13/O 12:45-1:10	RST 13/O 12:45-1:10

**SPECIFIC WARM-UP 1:10-1:20**

Lanes 1-4 1 Way Sprints, Lane 5 Circle, Lane 6 Pace

Start: 1:25PM