

WARM-UP ASSIGNMENTS

SAT. AM SESSION							
8:00-8:30am (*11 & Over)							
<i>* You may split the ages however you like just a suggestion since first event is 13 & Over.</i>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
GATR	GATR	GATR	GATR	CCA	CCA	HOKI	VAST SCAT UNAT

SAT. AM SESSION							
8:30-9:00am (*10 & Under)							
<i>* You may split the ages however you like just a suggestion since first event is 13 & Over.</i>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
GATR	GATR	GATR	GATR	CCA	CCA	HOKI	VAST SCAT UNAT

SAT. Distance Session (15 min. Warm-up)							
12:45-1:00pm (Not Before 12:45pm)							
Lane 1 Open	Lane 2 Open	Lane 3 Open	Lane 4 Open	Lane 5 Open	Lane 6 Open	Lane 7 Open	Lane 8 Open

Sun. AM (12 & Unders)							
8:00-9:00am							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
GATR	GATR	GATR	CCA	CCA	HOKI	HOKI SCAT	VAST UNAT

SUN. PM SESSION (11 & Overs)							
12:00-1:00pm (Not before 12:00pm)							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
GATR	GATR	GATR	CCA	CCA	HOKI	HOKI SCAT	VAST UNAT

****NOTE PLEASE HAVE PARENTS HELP OUT WITH TIMING IF ASKED.**