



RST REGIONAL
FRIDAY EVENING WARM UP ASSIGNMENTS

	7-7:25pm General	7:25-7:40pm Specific
Lane 1	12/U	Pace
Lane 2	12/U	1-way sprint
Lane 3	12/U	12/U General
Lane 4	12/U	12/U General
Lane 5	13/O	13/O General
Lane 6	13/O	13/O General
Lane 7	13/O	1-way sprint
Lane 8	13/O	Pace

7:45pm Meet Start

TIMING ASSIGNMENTS

TP - 0

WRAT - 2

RYWC - 2

NMBS - 2

NFAF - 2



**RST REGIONAL WARM UP ASSIGNMENTS
SATURDAY 12/U Girls & 13/O Boys**

	2:00-2:20pm	2:20-2:40pm	2:45-2:55pm
Lane 1	RST	TP	PACE
Lane 2	RST	NMBS	Circle
Lane 3	RST	RYWC	1-way sprint
Lane 4	WRAT	RYWC	1-way sprint
Lane 5	WRAT	RST (13/O) 2:20-2:45	1-way sprint
Lane 6	WRAT	WRAT (13/O) 2:20-2:45	1-way sprint
Lane 7	NFAF	RYWC & NFAF (13/O) 2:20-2:45	Circle
Lane 8	NFAF	NMBS & TP(13/O) 2:20-2:45	PACE

3:00pm Meet Start

TIMING ASSIGNMENTS

TP - 1

WRAT - 3

RYWC - 2

NMBS - 1

NFAF - 1



**RST REGIONAL WARM UP ASSIGNMENTS
SATURDAY 12/U Boys & 13/O Girls**

	5:15-5:35pm 12/U	5:35-6:00pm 13/O	6:00-6:10pm Specific
Lane 1	WRAT	WRAT	Pace
Lane 2	WRAT	WRAT/NMBS	Circle
Lane 3	RYWC	RYWC	1-way sprint
Lane 4	RYWC	RYWC	1-way sprint
Lane 5	RST	RST	1-way sprint
Lane 6	NFAF	NFAF/RST	1-way sprint
Lane 7	NMBS	NFAF	circle
Lane 8	TP	TP	Pace

6:15pm Meet Start

TIMING ASSIGNMENTS

TP - 1

WRAT - 2

RYWC - 2

NMBS - 1

NFAF - 2



RST REGIONAL WARM UP ASSIGNMENTS
SUNDAY 12/U Girls & 13/O Boys

	2:00-2:20pm 12/U	2:20-2:40pm 12/U	2:45-2:55pm Specific
Lane 1	RST	TP	PACE
Lane 2	RST	NMBS	Circle
Lane 3	RST	RYWC	1-way sprint
Lane 4	WRAT	RYWC	1-way sprint
Lane 5	WRAT	RST (13/O) 2:20-2:45	1-way sprint
Lane 6	WRAT	WRAT (13/O) 2:20-2:45	1-way sprint
Lane 7	NFAF	RYWC & NFAF (13/O) 2:20-2:45	Circle
Lane 8	NFAF	NMBS & TP(13/O) 2:20-2:45	PACE

3:00pm Meet Start

TIMING ASSIGNMENTS

TP - 1

WRAT - 3

RYWC - 2

NMBS - 1

NFAF - 1



**RST REGIONAL WARM UP ASSIGNMENTS
SUNDAY 12/U Boys & 13/O Girls**

	5:30-5:50pm 12/U	5:50-6:15pm	6:15-6:25pm Specific
Lane 1	WRAT	WRAT	Pace
Lane 2	WRAT	WRAT/NMBS	Circle
Lane 3	RYWC	RYWC	1-way sprint
Lane 4	RYWC	RYWC	1-way sprint
Lane 5	RST	RST	1-way sprint
Lane 6	NFAF	NFAF/RST	1-way sprint
Lane 7	NMBS	NFAF	circle
Lane 8	TP	TP	Pace

6:30pm Meet Start

TIMING ASSIGNMENTS

TP - 2

WRAT - 3

RYWC - 2

NMBS - 2

NFAF - 2