



HHAC Regionals -Friday (Distance) WARM-UP ASSIGNMENT

	Warm-Up 1 4:00-4:45pm	Warm-Up 2 (4:45-5:00pm)
LANE 1	12/Under	SPRINT
LANE 2	12/Under	SPRINT
LANE 3	12/Under	SPRINT
LANE 4	13/Over	SPRINT
LANE 5	13/Over	SPRINT
LANE 6	13/Over	SPRINT

Timing Assignments:

ARAC-1

BULL-2

CAC-1

HHAC-1

OXO-1

PAC-2

SLAC-2

WAC-3



HHAC Regionals -Saturday AM WARM-UP ASSIGNMENT

	Warm-Up 1 12/Under (7:00-7:20am)	Warm-Up 2 12/Under (7:20-7:40am)	Warm-Up 3 13/Over (7:40-8:10am)	Warm-Up 4 (8:10-8:30am)
LANE 1	FFLY	PAC	FFLY/PAC/CAC/BSY	SPRINT
LANE 2	FFLY	PAC/BSY	ARAC	SPRINT
LANE 3	FFLY	HHAC	BULL	SPRINT
LANE 4	ARAC	WAC	HHAC	SPRINT
LANE 5	ARAC	WAC	SLAC/WAC 13/O	SPRINT
LANE 6	BULL	CAC	SLAC 12/U 7:40-8:00 OPEN 13/O 8:00-8:10	SPRINT

Timing Assignments:

ARAC-2

BULL-2

CAC-1

FFLY-3

PAC-2

SLAC-1

WAC-2



HHAC Regionals -Saturday PM WARM-UP ASSIGNMENT

	Warm-Up 1 12/Under (11:30-11:50am)	Warm-Up 2 12/Under (11:50-12:10pm)	Warm-Up 3 13/Over (12:10-12:40pm)	Warm-Up 4 (12:40-1:00pm)
LANE 1	WAC	HHAC	WAC	SPRINT
LANE 2	WAC	FFLY	SLAC	SPRINT
LANE 3	PAC	BSY	HHAC	SPRINT
LANE 4	PAC	BULL	BULL/BSY	SPRINT
LANE 5	SLAC	OPEN	CAC/PAC	SPRINT
LANE 6	ARAC	OPEN	ARAC/FFLY	SPRINT

Timing Assignments:

ARAC-2

BSY-1

BULL-1

CAC-1

FFLY-1

PAC-2

SLAC-2

WAC-2



HHAC REGIONALS -Sunday AM WARM-UP ASSIGNMENT

	Warm-Up 1 12/Under (7:00-7:20am)	Warm-Up 2 12/Under (7:20-7:40am)	Warm-Up 3 13/Over (7:40-8:10am)	Warm-Up 4 (8:10-8:30am)
LANE 1	FFLY	PAC	FFLY/PAC/CAC/BSY	SPRINT
LANE 2	FFLY	PAC	ARAC	SPRINT
LANE 3	FFLY	HHAC	BULL	SPRINT
LANE 4	OXO/BSY	WAC	HHAC	SPRINT
LANE 5	ARAC	WAC	SLAC/WAC 13/O	SPRINT
LANE 6	BULL	CAC	SLAC 12/U 7:40-8:00 OPEN 13/O 8:00-8:10	SPRINT

Timing Assignments:

ARAC-2

BULL-2

CAC-1

FFLY-3

PAC-2

SLAC-1

WAC-2



HHAC Regionals -Sunday PM WARM-UP ASSIGNMENT

	Warm-Up 1 12/Under (11:30-11:50am)	Warm-Up 2 12/Under (11:50-12:10pm)	Warm-Up 3 13/Over (12:10-12:40pm)	Warm-Up 4 (12:40-1:00pm)
LANE 1	WAC	HHAC	WAC	SPRINT
LANE 2	WAC	FFLY	SLAC	SPRINT
LANE 3	PAC	BSY/OXO	HHAC	SPRINT
LANE 4	PAC	BULL	BULL/BSY	SPRINT
LANE 5	SLAC	OPEN	CAC/PAC/OXO	SPRINT
LANE 6	ARAC	OPEN	ARAC/FFLY	SPRINT

Timing Assignments:

ARAC-2

BSY-1

BULL-1

CAC-1

FFLY-1

PAC-2

SLAC-2

WAC-2