

2019 LC AGE GROUPS								
THURSDAY EVENING DISTANCE WARM-UP ASSIGNMENTS								
RACE COURSE								
	1	2	3	4	5	6	7	8
GENERAL 3:00-3:30p	13/O	13/O	13/O	13/O	13/O	13/O	13/O	13/O
3:30-3:40p	PACE	STARTS	CIRCLE	CIRCLE	CIRCLE	CIRCLE	STARTS	PACE
3:45PM - 1500 START								
GENERAL **5:45-6:10p	13/O	13/O	12/U	12/U	12/U	12/U	12/U	12/U
**6:15PM - 13/14 800 FREE RELAY START								
** PLEASE NOTE THIS IS AN APPROXIMATE TIME								

2019 LC AGE GROUP 10/U YEAR OLD WARM-UP ASSIGNMENTS

FRI	RACE COURSE							
	1	2	3	4	5	6	7	8
3:00--	CPAC 10	RAC 8	WRAT 10	ZEUS 12	WYW 12	GYWD 9	RYWC 8	PAC 6
3:24p	NMBS 5	NCY 4	SAQ 4	CDOG 4	GLAS 4	WHAT 4	GRYM 5	WEST 5
	OAK 2	WAC 3	GRIT 2	OXO 1	WOLF 2	BEAR 3	SMST 4	LEHY 3
	WRTS 1	WFYD 3	WWRX 2	BULL 1	RAYS 1	IVY 3	ARAC 2	MJCC 3
	AJSC 1	CAC 1	SSAC 2	FINS 1	SYS 1	HHAC 1	CCAT 1	SEAL 1
	HNHS 1	SJCC 1	NFAF 1	TP 1				SOCO 1
3:25--	PACE	STARTS	STARTS	STARTS	STARTS	STARTS	STARTS	PACE
3:40p								

SAT	RACE COURSE							
	1	2	3	4	5	6	7	8
3:00--	RYWC 9	ZEUS 10	GYWD 9	WRAT 12	CPAC 9	RAC 8	WYW 12	GRYM 8
3:24p	PAC 5	SMST 4	WHAT 4	GLAS 4	NMBS 5	CDOG 8	SAQ 4	NFAF 5
	WFYD 3	BEAR 3	IVY 4	MJCC 3	LEHY 3	NCY 3	WAC 3	WEST 4
	FINS 2	AJSC 1	ARAC 2	ICSC 1	GRIT 2	SOCO 1	SYS 1	OAK 2
	RAYS 1	BULL 1	FVYT 1	TP 1	SSAC 2	WOLF 1	WWRX 1	HHAC 1
		CCAT 1						
3:25--	PACE	STARTS	STARTS	STARTS	STARTS	STARTS	STARTS	PACE
3:40p								

SUN	RACE COURSE							
	1	2	3	4	5	6	7	8
3:00--	GRYM 8	CPAC 9	WYW 12	GYWD 8	RAC 8	ZEUS 10	WRAT 11	RYWC 9
3:24p	PAC 5	NFAF 3	SAQ 4	CDOG 8	SMST 4	BEAR 3	WFYD 3	WHAT 4
	IVY 2	NCY 2	AJSC 1	FVYT 1	SSAC 2	SYS 2	MJCC 2	LEHY 3
	BULL 1	WAC 2	ARAC 1	SJCC 1	SEAL 2	GLAS 1	SOCO 1	HHAC 1
	OAK 1	OXO 1			CCAT 1	GRIT 1	WEST 1	ICSC 1
	WOLF 1				WWRX 1	TP 1		
3:25--	PACE	STARTS	STARTS	STARTS	STARTS	STARTS	STARTS	PACE
3:40p								

