

FRIDAY SESSION 1

12-U	A	B	C	1	2	3	4	5
5-5:20	CLOSED	CCAT 4 HNHS 4	MAC 6 PAC 3	PAC 8	WRAT 8	WRAT 8	CDOG 9	CDOG 10
12-U	6	7	8	9	10	D	E	F
5-5:20	FINS 7 NWYL 1	RAYS 8	RAC 9	RAC 3 NMBS 5	WFYD 5 WRTS 2 YCST 1	CLOSED	CLOSED	CLOSED

13-O	A	B	C	1	2	3	4	5
5:20- 5:40	CLOSED	HNHS 4	MAC 5	PAC 4	WRAT 4	CDOG 7	CDOG 6	CDOG 6
13-O	6	7	8	9	10	D	E	F
5:20- 5:40	FINS 3	RAYS 3	RAC 7	NMBS 1 NWYL 3	WFYD 3	CLOSED	CLOSED	CLOSED

	A	B	C	1	2	3	4	5
5:40- 5:50	CIRCLE	<i>PACE</i>	<i>PACE</i>	START	START	CIRCLE	START	START
	6	7	8	9	10	D	E	F
5:40- 5:50	START	START	CIRCLE	START	START	<i>PACE</i>	<i>PACE</i>	<i>PACE</i>

SATURDAY SESSION 2 WARM-UP

12-U	A	B	C	1	2	3	4	5
8-8:20	MAC 9	WFYD 13	WFYD 8 FINS 4	FINS 13	GWYB 7 HNHS 6	CDOG 13	CDOG 9 RAYS 3	RAYS 13
12-U	6	7	8	9	10	D	E	F
8-8:20	WRAT 10 CCAT 2	WRAT 12	WRAT 12	WRAT 12	RAC 11	RAC 12	RAC 12	RAC 12

13-O	A	B	C	1	2	3	4	5
8:20- 8:45	WRTS 10 NWYL 2 12-U (20)	NMBS 12 YCST 1 12-U (20)	RYWC 11 LST 1 12-U (20)	RYWC 5 NMBS 4	WRTS 3 NWYL 2 YCST 1 GWYB 3	MAC 6 WFYD 2 CCAT 1	CDOG 10	CDOG 2 RAYS 7
13-O	6	7	8	9	10	D	E	F
8:20- 8:45	RAC 11	RAC 5 WRAT 6	WRAT 11	FINS 7 HNHS 1	PAC 9	PAC 13 12-U (20)	PAC 13 12-U (20)	PAC 13 12-U (20)

	A	B	C	1	2	3	4	5
8:45- 8:55	CIRCLE	<i>PACE</i>	<i>PACE</i>	START	START	CIRCLE	START	START
	6	7	8	9	10	D	E	F
8:45- 8:55	START	START	CIRCLE	START	START	<i>PACE</i>	<i>PACE</i>	<i>PACE</i>

SATURDAY SESSION 3 WARM-UP

12-U	A	B	C	1	2	3	4	5
1:15-1:35	WRTS 7 GWYB 3	FINS 11	MAC 10	RYWC 14	CDOG 6 CCAT 6	CDOG 10	CDOG 10	WFYD 13
12-U	6	7	8	9	10	D	E	F
1:15-1:35	WRAT 10 NMBS 2	WRAT 10	WRAT 10	RAC 10 LST 1	RAC 10	PAC 13	PAC 10	HNHS 5 RAYS 5

13-O	A	B	C	1	2	3	4	5
1:35-2:00	WRTS 6 CCAT 1 LST 2	FINS 3 WFYD 6	FINS 9	HNHS 11	RYWC 10	CDOG 10	CDOG 10	CDOG 6 GWYB 4
13-O	6	7	8	9	10	D	E	F
1:35-2:00	MAC 10	MAC 5 NMBS 5	PAC 9	PAC 10	RAC 10	RAYS 9	WRAT 10	WRAT 8 NWYL 1

	A	B	C	1	2	3	4	5
2:00-2:10	CIRCLE	<i>PACE</i>	<i>PACE</i>	START	START	CIRCLE	START	START
	6	7	8	9	10	D	E	F
2:00-2:10	START	START	CIRCLE	START	START	<i>PACE</i>	<i>PACE</i>	<i>PACE</i>

SUNDAY SESSION 4 WARMUP

12-U	A	B	C	1	2	3	4	5
7:30-7:50	CLOSED	MAC 8 YCST 2	WRTS 10 NWYL 2	RWYC 11	NMBS 5 GWYB 7	NMBS 13	CDOG 13	CDOG 8 RAYS 3
12-U	6	7	8	9	10	D	E	F
7:30-7:50	RAYS 13	WFYD 8 CCAT 3	WFYD 13	FINS 6 HNHS 5	FINS 13	PAC 14	PAC 14	PAC 14

13-O	A	B	C	1	2	3	4	5
7:50-8:15	RAC 13 12-U (20)	RAC 15 12-U (20)	RAC 15 12-U (20)	RAC 11	RYWC 6 NWYL 4	RAYS 9	CDOG 9	CDOG 4 MAC 5
13-O	6	7	8	9	10	D	E	F
7:50-8:15	NMBS 5 WFYD 3	FINS 7 YCST 2	WRTS 3 GWYB 3 HNHS 1 CCAT 1	PAC 10	WRAT 10	WRAT 15 12-U (20)	WRAT 15 12-U (20)	WRAT 15 12-U (20)

	A	B	C	1	2	3	4	5
8:15-8:25	CIRCLE	<i>PACE</i>	<i>PACE</i>	START	START	CIRCLE	START	START
	6	7	8	9	10	D	E	F
8:15-8:25	START	START	CIRCLE	START	START	<i>PACE</i>	<i>PACE</i>	<i>PACE</i>

SUNDAY SESSION 5 WARM-UP

12-U	A	B	C	1	2	3	4	5
1:15- 1:35	NMBS 5 MAC 5 LST 1	WFYD 3 WRTS 6	WFYD 10	RYWC 5 CCAT 5	RWYC 9	CDOG 8 GWYB 2	CDOG 9	FINS 11
12-U	6	7	8	9	10	D	E	F
1:15- 1:35	WRAT 11	WRAT 10	WRAT 10	RAC 10	RAC 10	PAC 11	PAC 11	HNHS 5 RAYS 5

13-O	A	B	C	1	2	3	4	5
1:35- 2:00	WFYD 6 WRTS 5	NMBS 7 GWYB 4	MAC 8 YSCT 1	MAC 8	RYWC 11	CDOG 8 LST 2	CDOG 9	CDOG 9
13-O	6	7	8	9	10	D	E	F
1:35- 2:00	HNHS 11	FINS 11	PAC 8 CCAT 1	PAC 8	RAC 11	RAYS 11	WRAT 7 NWYL 2	WRAT 9

	A	B	C	1	2	3	4	5
2:00- 2:10	CIRCLE	<i>PACE</i>	<i>PACE</i>	START	START	CIRCLE	START	START
	6	7	8	9	10	D	E	F
2:00- 2:10	START	START	CIRCLE	START	START	<i>PACE</i>	<i>PACE</i>	<i>PACE</i>