



**WARM-UP ASSIGNMENTS**

**Saturday/Sunday PM**

**Sessions: 2&4**

| TIME/LANE | LANE 1          | LANE 2          | LANE 3          | LANE 4          | LANE 5          | LANE 6                |
|-----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------------|
| 1:00-1:20 | 12&U<br>RAC     | 12&U<br>RAC     | 12&U<br>RAC     | 12&U<br>RAC     | 12&U<br>RAC     | 12&U<br>OXO/NWYL      |
| 1:20-1:50 | 13&O<br>RAC     | 13&O<br>RAC     | 13&O<br>ARAC    | 13&O<br>NMBS    | 13&O<br>NFAF    | 13&O<br>NFAF/OXO/NWYL |
| 1:50-2:10 | 12&U<br>ARAC    | 12&U<br>ARAC    | 12&U<br>NFAF    | 12&U<br>NFAF    | 12&U<br>NMBS    | 13&O PACE             |
| 2:10-2:25 | 13&O<br>SPRINTS | 13&O<br>SPRINTS | 13&O<br>SPRINTS | 12&U<br>SPRINTS | 12&U<br>SPRINTS | 12&U SPRINTS          |

**WORK ASSIGNMENTS**

**Saturday/Sunday PM**

RAC –6 TIMERS; 1 BACKUP TIMER; 1 RUNNER

NMBS – 2 TIMERS; 1 AWARDS

ARAC – 2 TIMERS

NFAF – 2 TIMERS