



FRIDAY

WARMUP SCHEDULE

AG	TIME	1	2	3	4	5	6
13 OVER	4:00- 4:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12/UNDER	4:30- 4:50	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
13 OVER	4:50- 5:00	PACE	SPRINT	CIRCLE	CIRCLE	SPRINT	PACE

NOTE

12 UNDER WARMUPS ARE TO INCLUDE SPRINTS