



SATURDAY/SUNDAY
 MORNING SESSION
 WARMUP SCHEDULE

AG	TIME	1	2	3	4	5	6
13 OVER	7:00- 7:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12 UNDER	7:30- 7:50	WYW	WYW	WYW	ZEUS	ZEUS/ SSAC	SSAC/ ORCA
12 UNDER	7:50- 8:10	WRAT	WRAT	WRAT	SJCC	SJCC	GRYM
13 OVER	8:10- 8:25	PACE	SPRINT	CIRCLE	CIRCLE	SPRINT	PACE

NOTE

12 UNDER WARMUPS ARE TO INCLUDE SPRINTS

