

# 2023 SC Regional Championships -- WYW

## WARM UP ASSIGNMENTS

### MORNING SESSION

WARMUP 7:30-8:10AM\*\*\*\* 12/UNDER CAN SPLIT THE WARMUP INTO 2 GROUPS

SPECIFIC- 8:10-8:25 AM

START 8:30

<b>NORTH</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	7:30-8:10	WRAT 12/U	WRAT 12/U	NCY 12/U	NCY 12/U	RYWC 12/U	RYWC 12/U
	8:10-8:25	12 /u SPRINT	12/U SPRINT	12/U SPRINT	12/U SPRINT	13 OVER SPRINT	13 OVER SPRINT
<b>SOUTH</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	7:30-8:10	WYW 12/U	WYW 12/U	WYW 12/U	13 OVER OPEN	13 OVER OPEN	13 OVER OPEN
	8:10-8:25	12/U PACE	12/U CIRCLE	12/U CIRCLE	13 OVER CIRCLE	13 OVER CIRCLE	13 OVER PACE

### AFTERNOON SESSION

WARMUP 12:30-1:10\*\*\*\* 12/UNDER CAN BE DIVIDED INTO 2 GROUPS BY TEAM

SPECIFIC 1:10-1:25

START 1:30 PM

<b>NORTH</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	12:30-1:10	NCY 12/U	NCY 12/4	RYWC 12/U	RYWC 12/U	WRAT 12/U	WRAT 12/U
	1:10-1:25	12 U SPRINT	12/U SPRINT	12/U SPRINT	13/O SPRINT	13/O SPRINT	13/O SPRINT
<b>SOUTH</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	12:30-1:10	WYW 12/U	WYW 12/U	13 OVER OPEN	13 OVER OPEN	13 OVER OPEN	13 OVER OPEN
	1:10-1:25	12/U PACE	12/U CIRCLE	12/U CIRCLE	13 OVER CIRCLE	13 OVER CIRCLE	13 OVER PACE