

SATURDAY & SUNDAY WARM-UP ASSIGNMENTS

10/Under Age Group Championships - Warm Up Assignments

1:15-1:40PM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WRAT	WRAT	CDOG	SJCC	NCY	RYWC	LEHY	RST

1:40-2:05PM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NFAF	NMEG	BSPL	MJCC	NMBS	RAC	WYW	WEST
SEAL	IVY	SYS	BULL	WHAT	WFYD	SLAC	WAC
	OAK	PSDY					
	FVYT	TP					

25 Minute warm-up sessions - time includes one way sprints

10/Under Age Group Championships - Work Assignments

	Saturday	Sunday
BSPL		
BULL		
CDOG	2 TIMERS	2 TIMERS
FVYT		
IVY		
LEHY	1 TIMER	1 TIMER
MJCC	BACKUP TIMER	BACKUP TIMER
NCY	2 TIMERS	2 TIMERS
NFAF	1 TIMER	1 TIMER
NMBS	1 TIMER	1 TIMER
NMEG		
OAK		
PSDY		
RAC	MARSHALL	MARSHALL
RST	1 TIMER, RUNNER, HOSPITALITY, CONCESSIONS, TABLE	1 TIMER, RUNNER, HOSPITALITY, CONCESSIONS, TABLE
RYWC	2 TIMERS	2 TIMERS
SEAL		
SJCC	1 TIMER	1 TIMER
SLAC	BACKUP TIMER	BACKUP TIMER
SYS		
TP		
WAC		
WEST	1 TIMER	1 TIMER
WFYD		
WHAT	1 TIMER	1 TIMER
WRAT	3 TIMERS	3 TIMERS
WYW	MARSHALL	MARSHALL