

WARM UP ASSIGNMENTS

Assigned 7:00 - 8:00am

Controlled & Assigned 10u 8:00 - 8:25am

ASSIGNED 7:00 - 8:00am

**10 & Under AND
CONTROLLED 8:00 - 8:25am**

WEST

11	NCY
10	NCY
9	STORM
8	STORM
7	STAC
6	STAC
5	STAC
4	MB
3	MB
2	BW
1	BW
WELL	BW
WELL	GTSA
WELL	GTSA
8	LBA
7	LBA
6	RAC/CJAC
5	PS
4	PS
3	CFJV
2	EEX/MAS
1	NCA/RSA
0	CAT

EAST

WEST

11	NCY
10	NCY
9	STORM
8	STORM
7	One-Way STARTS
6	One-Way STARTS
5	One-Way STARTS
4	One-Way STARTS
3	Swim & Pull- Push Off
2	BW
1	BW
WELL	BW
WELL	GTSA
WELL	GTSA
8	LBA
7	LBA
6	RAC/CJAC
5	PS
4	PS
3	CFJV
2	RSA
1	NCA
0	CAT

EAST