

WARMUP ASSIGNMENTS

Sunday AM 11 & Overs

meet start: 8am	650-720am	720am-750am
Lane 1	MAC	SO/GI
Lane 2	MAC	SO
Lane 3	MAC	SO
Lane 4	SCSC	GOAL
Lane 5	SCSC	GOAL
Lane 6	SCSC	GOAL
Lane 7	CBSC	GOAL
Lane 8	CBSC	SSC/BSC

Sunday MILE Session

meet start: 1130am	1030-1120am
Lans 1-8	OPEN

Sunday PM 10 & Unders

meet start: 1pm	1215-1250pm
Lane 1	GOAL/SO
Lane 2	GOAL
Lane 3	MAC
Lane 4	MAC
Lane 5	SCSC
Lane 6	SCSC
Lane 7	CBSC/SSC/BSC
Lane 8	CBSC/SSC/BSC