



2023 Fall Sprint & Distance Meet - Warm-up Assignments

SESSION 1 - DISTANCE

Session begins at 8:00

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00 - 7:25	CAC	FAST	FAST	FAST	FAST	FAST
7:25 - 7:50	ONE-WAY SPRINT	CAC	FAST	FAST	FAST	ONE-WAY SPRINT

SESSION 2 - SPRINTS

Session begins at 1:30

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12:30 - 12:55	CAC	FAST	FAST	FAST	FAST	FAST
12:55 - 1:20	ONE-WAY SPRINT	CAC	FAST	FAST	FAST	ONE-WAY SPRINT