



2025 FALL SPRINT & DISTANCE MEET

WARM-UP ASSIGNMENTS

SATURDAY MORNING SESSION

SESSIONS 1 & 2 BEGIN AT 9:00 AM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:30 – 8:55	FAST	FAST	FAST	FAST	FAST/EPSC	EPSC

Total Athletes (15 &O Mixed): FAST (12), EPSC (5), RAC (0), HAGY (0)

Total Athletes (11-14 Mixed): FAST (9), EPSC (5), RAC (0), HAGY (0)



2025 FALL SPRINT & DISTANCE MEET

WARM-UP ASSIGNMENTS

SUNDAY EARLY MORNING SESSION #3

SESSION BEGINS AT 8:00 AM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:30 – 7:55	FAST	FAST	FAST	FAST	RAC	EPSC/HAGY

Total Athletes (9-12 Mixed): FAST (45), EPSC (8), RAC (11), HAGY (4)

SUNDAY LATE MORNING SESSION #4

SESSION BEGINS AT 11:00 AM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
10:00 – 10:25	FAST	FAST	FAST	FAST	FAST	FAST
10:25 – 10:50	HAGY	RAC	RAC	EPSC	EPSC	EPSC

Total Athletes (13 & Over Mixed): FAST (66), EPSC (33), RAC (17), HAGY (5)