

WARM UP SCHEDULE

June 21 st 12 & Under Session						Meet Starts 9:15am	
Warm Up Session #1			8:00-8:30am			Starts/Sprints 9:00-9:10am	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON	SSC	SSC	SSC	AESC	AESC
Warm Up Session #2			8:30-9:00am			Starts/Sprints 9:00-9:10am	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AST SASC	DERBY	BSC SAC	WEST	TAC	PSST	GASC LIFE	VORTEX KMSC
June 21 st 13 & Over Session						Meet Starts 3:15pm	
Warm Up Session #1			2:00-2:30pm			Starts/Sprints 3:00-3:10pm	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON	SSC	SSC	SSC	AESC	AESC
Warm Up Session #2			2:30-3:00pm			Starts/Sprints 3:00-3:10pm	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AST KMSC	ACE DERBY	BSC	WEST LIFE	TAC	TAC	GASC LUBBOCK	SAC VORTEX