

Check in: HSA (2) - 7AM-8:30AM

Runner: HSA (1)

Warm up Saturday

1st Warm up- 7 AM-7:40 HSA 4-10, CAST1-3
2nd Warm up- 7:40-8:15 PS lanes 3-10, MRA Lane 1-2,
3rd Warm up-8:15-8:50 JBST Lanes 8-10, SOL 6-7, SBA 4-5, RST2-3, TAQ Lane 1

Warm up Sunday

1st Warm up- 7 AM-7:40 HSA 4-10, SOL1-3
2nd Warm up- 7:40-8:15 PS lanes 3-10, SBA Lane 1-2,
3rd Warm up-8:15-8:50 JBST Lanes 8-10, CAST 7, MRA 5-6, RST2-4, TAQ Lane 1

Timing Assignments:

Head Timer-HSA

Lane	1	2	3	4	5	6	7	8
Sat	SOL (2)	PS(2)	PS (2)	PS (2)	CAST /RST	JBST(2)	SBA(2)	MRA(2)
Sun	SOL (2)	PS(2)	PS (2)	PS (2)	RST (2)	JBST(2)	SBA(2)	MRA(2)

Awards: HSA