

Warm-up Assignments

Session 1 (8&U / 13&O)

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
7:00-7:20	DFAC	DFAC	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN
7:20-7:40	OCSC	OCSC	MSS	MSS	MSS	YDC	YDC	YDC
7:40-8:00 (8&U / Sprints)	DFAC	OCSC	MSS	MSS	WAUN	WAUN	YDC	1-way Sprints

Competition begins at 8:05 AM

Session 2 (10&U / 11-12)

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
11:15-11:40	DFAC/UN	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN	WAUN
11:40-12:05	OCSC	OCSC	OCSC	MSS	MSS	MSS	YDC	YDC
12:05-12:15	1-way Sprints	1-way Sprints	Open	Open	Open	Open	1-way Sprints	1-way Sprints

Competition begins at 12:20 PM