

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
8:00-8:25	DFAC	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN	UN
8:25-8:50	WAT	OCSC	OCSC	OCSC	YDC	YDC	MSS	MSS
8:50-9:00	WAT	DFAC/UN	DFAC	OCSC	YDC	WAUN	WAUN	MSS

Competition begins at 9:05 AM

Session 2 (10&U / 11-12)

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
12:25-12:50	DFAC	DFAC	DFAC	DFAC	YDC	YDC/MSS	MSS	WAT/UN
12:50-1:15	OCSC	OCSC	OCSC	WAUN	WAUN	WAUN	WAUN	WAUN
1:15-1:25	1-way Sprints	Open	Open	Open	Open	Open	Open	1-way Sprints

Competition begins at 1:30 PM