

OVER THE TOP starts will be used

WARM-UP ASSIGNMENTS

SESSION 1:						
<i>CHECK-IN BY 7:45AM; START AT 8:20AM</i>						
WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Group 1						
7:00-7:25AM	CAT	CAT	CAT	CAT	CAT	AQRC
Group 2						
7:25-7:50AM	SCAR-N	SCAR-N	SCAR-N	SCAR-N	SCAR-N	SCAR-N
Group 2						
7:50-8:15AM	CBGC	CBGC	CBGC	SCAR-B	SCAR-B	SCAR-B

SESSION 2:						
<i>CHECK-IN BY 12:15AM; START AT 12:50PM</i>						
WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Group 1						
11:30-11:55AM	CAT	CAT	CAT	CAT	CAT	AQRC
Group 2						
11:55-12:20PM	CBGC	CBGC	CBGC	CBGC	CBGC	SCAR-N
Group 3						
12:20:12:45PM	SCAR-N	SCAR-N	SCAR-N	SCAR-N	SCAR-N	SCAR-N

TIMING ASSIGNMENTS

*You are responsible for your lane for the entire session.
Please provide your own stopwatches!*

SESSION 1		SESSION 2	
Lane 1	SCAR-N	Lane 1	SCAR-N
Lane 2	CBGC	Lane 2	SCAR-N
Lane 3	SCAR-B	Lane 3	CBGC
Lane 4	AQRC	Lane 4	CBGC
Lane 5	SCAR-N	Lane 5	SCAR-N
Lane 6	CBGC	Lane 6	AQRC
Alternates:	SCAR-B	Alternates:	SCAR-N

