

WARM UP ASSIGNMENTS

Friday, July 26th & Sunday, July 28th								
Ages 11/12 & 13/14								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:30am	NOVA	NOVA	NOVA	TIDE	GATR	GATR(14) STAT PWSC	RAYS	RAYS(8) ODAC SMAC
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30-8:00am	CGBD	CYAC CCA	QSTS SFY	HOKI TAC STRM TSU	SEVA DC ACAC	SRVA 757	WAC HNVR ECAC	LY WST PSDN VSTP
8:30 Meet Start								

Ages 10 & Under								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:20am	NOVA	NOVA	CGBD GATR	PSDN ODAC	TIDE HOKI BASS	QSTS RAYS SRVA	WAC SEVA LY STAT	ALL OTHER TEAMS
8:30 Meet Start								