

**2015 Summer Awards- CCA  
Warm-up Assignments**

**Session #1- Friday AM, July 10th, 2015 - Meet Starts at 8:40**

	Ln1	Ln2	Ln3	Ln4	Ln5	Ln6	Ln7	Ln8
7:15-7:45	CCA	CCA	CCA	HOKI	HOKI	GATR	GATR	YRVS / SCAT
7:45-8:15	SMAC	SMAC	SMAC	STAT	RPST	WST	CYAC/BASS	RAPP / BRAC LY / VSTP
8:15-8:30	STARTS	STARTS (DEEP)	GENERAL	GENERAL	STARTS	STARTS (DEEP)	PACE	PACE

**Session #2- Friday PM, July 10th, 2015 - Meet Starts \*Not Before 1:40p**

\*Warm-ups NOT BEFORE

	Ln1	Ln2	Ln3	Ln4	Ln5	Ln6	Ln7	Ln8
*12-12:40pm	SMAC	LY	LY	STAT	RPST	RAPP	WST / CYAC	FUAC / BASS
12:40-1:20p	CCA	CCA	CCA	HOKI	HOKI	HOKI	GATR/VSTP	YRVS/BRAC
1:20-1:30p	STARTS	STARTS	GENERAL	GENERAL	GENERAL	GENERAL	PACE	PACE

**Session #3- Sat AM, July 11th, 2015 - Meet Starts 8:40p**

	Ln1	Ln2	Ln3	Ln4	Ln5	Ln6	Ln7	Ln8
7:15-7:45	SMAC	SMAC	STAT	STAT	RPST / FUAC	WST / PWSC	CYAC /BASS	RAPP / BRAC/ VSTP
7:45-8:15	CCA	CCA	HOKI	HOKI / LY	GATR	GATR	YRVS	YRVS / SCAT
8:15-8:30	STARTS	STARTS (DEEP)	GENERAL	GENERAL	STARTS	STARTS (DEEP)	PACE	PACE

**Session #4- Sat PM, July 11th, 2015- Meet Starts \* Not before 1:40p**

\*Warm-ups NOT BEFORE

	Ln1	Ln2	Ln3	Ln4	Ln5	Ln6	Ln7	Ln8
*12-12:40pm	CCA	CCA	HOKI	HOKI	RPST	YRVS	GATR/ VSTP	BRAC / PWSC
12:40-1:20p	SMAC	LY	LY	STAT	STAT	RAPP	WST/CYAC	FUAC / BASS
1:20-1:30p	STARTS	STARTS (DEEP)	GENERAL	GENERAL	STARTS	STARTS (DEEP)	PACE	PACE

