CAC January Invitational
January 8, 2012
Warm-up Assignments

Warm-up Period 1 7:30 AM-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC	CAC

Warm-up Period 2 8:00 AM-8:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC	CAC

Warm-up Period 3 8:25 AM-8:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
WTRC	WTRC	WTRC	WTRC	OHST	OHST

One Way Sprints 8:50 AM-9:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
WTRC	WTRC	CAC	CAC	CAC	OHST

Session Starts at 9:05 AM
Session Ends at approx 1:15 AM