

RPST Fall Invite
November 14-15, 2009

WARM-UP SCHEDULE

Saturday AM Session

Competition Starts at 8:10am

	Lanes							
Time	1	2	3	4	5	6	7	8
7:00-7:30	STAT	STAT	STAT	RPST	RPST	RPST	RPST	RPST
7:30-8:00	VAST/UN	VSTP	TSU	SHKS	SHKS	SHKS	SHKS	SHKS

Saturday Distance Session

15 minute open warm-up immediately following the completion of the Saturday AM session.

Saturday PM Session

Competition Starts at 1:10pm

	Lanes							
Time	1	2	3	4	5	6	7	8
12:00-1230	SHKS	SHKS	SHKS	SHKS	SHKS	SHKS	SHKS/VSTP	VSTP
12:30-1:00	TSU	TSU	TSU	VAST	VAST		RPST	RPST

Sunday AM Session

Competition Starts at 8:10pm

	Lanes							
Time	1	2	3	4	5	6	7	8
7:00-7:30	STAT	STAT	STAT	RPST	RPST	RPST	RPST	RPST
7:30-8:00	SHKS	SHKS	SHKS	SHKS	TSU	TSU	VSTP	VAST/UN

Sunday PM Session

Competition Starts at 1:10pm

	Lanes							
Time	1	2	3	4	5	6	7	8
12:00-1230	STAT	TSU	TSU	TSU	VAST	VAST	RPST	RPST
12:30-1:00	SHKS	SHKS	SHKS	SHKS	SHKS	SHKS	VSTP	VSTP

Sunday Distance Session

15 minute open warm-up immediately following the completion of the Sunday PM session.