

Warm-ups SFAC BB and Mini Dec. 7 & 8, 2019

NOTE: The warm ups have changed from the invitation. Please share with everyone attending from your team. Coaches: all deck entries and relays are due ½ hour prior to the start of the meet.

Saturday AM session 7:00 – 7:20 AM	SFAC, PTSC
Saturday AM session 7:20 – 7:40 AM	BWA, PRA, RXA, KW, SHAQ, SPAC
Saturday AM session 7:40 - 8:00 AM	SVSC, HAAC, MOON, WAAC
Saturday AM meet start 8:05 AM	
Saturday AM Distance	20 Minute open warm up
Saturday PM session 12:00 – 12:20	SFAC, HD, RXA
Saturday PM session 12:20 – 12:40	ANSC, BWA, KW, PRA, SHAQ, SPAC
Saturday PM session 12:40 – 1:00	WAAC, SVSC, MOON, HAAC, PTSC
Saturday PM Session start 1:05 PM	
Saturday PM Distance	20 Minute open warm up
Sunday AM session 7:00 – 7:20 AM	SFAC, PTSC
Sunday AM Session 7:20 – 7:40 AM	BWA, PRA, RXA, KW, SHAQ, HD
Sunday AM session 7:40 - 8:00 AM	SVSC, HAAC, MOON, WAAC
Sunday AM meet start time 8:05 AM	
Sunday AM Distance	20 Minute open warm up
Sunday PM session 12:00 – 12:20PM	SFAC, HD, RXA
Sunday PM session 12:20 – 12:40PM	ANSC, BWA, KW, PRA, SHAQ
Sunday PM session 12:40 – 1:00	WAAC, SVSC, MOON, HAAC, PTSC
Saturday PM Session start 1:05 PM	