



WARM-UP ASSIGNMENTS

PRELIMS ASSIGNMENTS

	Session 1: 7:00-7:30 AM	Session 2: 7:30-8:00 AM	Session 3: 8:00-8:15 AM
Lane 1	ATAC / JETS / NCAA	LRAD / UN / BEST	Pace
Lane 2	HAWG	LRAD	One Way Sprints
Lane 3	HAWG	LRAD	One Way Sprints
Lane 4	CASC	LRAD	General Warm-up
Lane 5	CASC	HAK / FSTR	General Warm-up
Lane 6	NWAA / DART	SPA / SEAL	One Way Sprints
Lane 7	NWAA	BZRK	One Way Sprints
Lane 8	NWAA	BZRK	Pace

FINALS ASSIGNMENTS

	Thursday / Friday / Saturday	
	Session 1: 4:00-4:40 PM	Session 2: 4:40-4:50 PM
	Sunday	
	Session 1: 3:00-3:40 PM	Session 2: 3:40-3:50 PM
Lane 1	General Warm-up	Pace
Lane 2	General Warm-up	One Way Sprints
Lane 3	General Warm-up	One Way Sprints
Lane 4	General Warm-up	General Warm-up
Lane 5	General Warm-up	General Warm-up
Lane 6	General Warm-up	One Way Sprints
Lane 7	General Warm-up	One Way Sprints
Lane 8	General Warm-up	Pace