

## CAC Cardinal Spring Age Group Invite

### Warm-Up & Timing Assignments

#### **Friday PM – Warmup 4:00, Meet 5:05**

	1	2	3	4	5	6	7	8
4:00-4:25	CAC	WAC	WAC	WAC/NMEG	NMEG	NMEG	SYS	SYS
4:25-4:50	KING	KING	TP	GLAS	BEAR/OXO	MAC/MSC/VSYM	HMST/NSC	AJSC/NCA/WRAT

4:50-5:00 controlled warmup (Lanes 1&8 Pace, Lanes 2&7 Sprint, Lanes 3-6 Circle)

#### **Sat & Sun AM – Warmup 7:00, Meet 7:55**

	1	2	3	4	5	6	7	8
7:00-7:20	CAC/NCA/GWYB	NMEG	NMEG	WRAT	WRAT	SYS	SYS/SAC	SAC
7:20-7:40	WAC	GLAS	NFAF/OXO/HMST	KING	NSC/AJSC	MAC/BEAR	TP	NMBS/MSC/EDGE/VSYM

7:40-7:50 controlled warmup (Lanes 1&8 Pace, Lanes 2,3,6,7 Sprint, Lanes 4-5 Circle)

#### **Sat & Sun Mid – Warmup 11:00, Meet 11:45**

	1	2	3	4	5	6	7	8
11:00-11:15	CAC	SYS	SYS	WAC	WAC/HMST/MAC	WRAT	WRAT/NMEG	NMEG
11:15-11:30	NFAF	SAC	KING	NCA/TP	VSYM/NMBS	AJSC/GLAS	BEAR/OXO/MSC	EDGE/GWYB/NSC

\*Sunday the mid session will get 20 minutes warmup, and meet will start at 11:55. Saturday's timeline is too tight.

11:30-11:40 controlled warmup (Lanes 1&8 circle, Lanes 2-7 Sprint)

#### **Sat & Sun PM – Warmup 2:00, Meet 3:05**

	1	2	3	4	5	6	7	8
2:00-2:25	CAC	CAC(5)/HMST/NCA	SYS	SYS(12)/NMBS	NMEG	NMEG(11)/NSC	WAC	WAC(11)/BEAR/MSC
2:25-2:50	KING	KING	GLAS	EDGE/AJSC	NFAF	TP	GWYB/WRAT	MAC/VSYM

2:50-3:00 controlled warmup (Lanes 1&8 Pace, Lanes 2,3,6,7 Sprint, Lanes 4-5 Circle)

### Timing Assignments (Friday PM & Sunday)

<u>Friday PM</u>	<u>Sunday AM</u>	<u>Sunday Mid</u>	<u>Sunday PM</u>
NMEG – 3	WRAT – 2	WAC – 3	WAC – 2
WAC – 3	NMEG – 2	SYS – 3	SYS – 2
KING – 3	SAC – 2	WRAT – 2	NMEG – 2
SYS – 3	SYS – 2	NMEG – 2	KING – 2
TP – 2	TP – 2	NFAF – 2	NFAF – 2
GLAS – 1	WAC – 2	SAC – 2	TP – 1
BEAR – 1	KING – 2	KING – 2	GLAS – 1
MAC – 1	NFAF – 1	TP – 1	GWYB -1
HMST - 1	GLAS – 1	AJSC - 1	MAC – 1
	NSC – 1		EDGE – 1
	BEAR - 1		HMST – 1
			NCA – 1
			NSC - 1