

2018 CSC Summer Invite Warm up Assignments

Friday Distance (1500 FR)

Open Warm-up :55 Min

10:00 AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Last 20 Min	Push Pace	One Way Sprint	One Way Sprint	General	General	One Way Sprint	One Way Sprint	Push Pace

Saturday & Sunday Morning Warm-up

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 to 7:30	CSC	CSC	TST	KCB	RPLX	MSA	BWST LTK JETS	CNS MTV
7:30 to 8:00	FAST	FAST	RSCA SPA CCC	PAC	EKC	SST KCSA	PKWY	PKWY

PM Sessions ---- Friday (2:30), Saturday & Sunday (Not Before 12:00PM (TBA))

Open Warm-up :55 Min

Last 20 Min	Push Pace	One Way Sprint	One Way Sprint	General	General	One Way Sprint	One Way Sprint	Push Pace
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