|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FRIDAY PM** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 5:00-5:25 | CM | WTRC | WTRC | WTRC | WTRC/KCST | KCST | KCST | KCST |
| 5:25-5:50 | DR | DR | DR | DR | DR | DR | DR | CFY/LIFE |

2021KCST LUNSFORD WARMUP ASSIGNMENTS

Meet starts at 6:00pm

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SATURDAY AM** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 7:00-7:20 | DR | DR | DR | DR | DR | DR | DR | DR |
| 7:20-7:40 | CM | CM | CM | CM | CM | CM | CM | KCST |
| 7:40-8:00 | MAC | MAC/CFY | WTRC | WTRC | WTRC | LIFE | LIFE | KCST |

Meet starts 8:10am

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SATURDAY PM** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 11:30-11:50 | KCST | KCST | KCST | KCST/LIFE | LIFE | LIFE | LIFE | CM |
| 11:50-12:10 | DR | DR | DR | DR | DR | CFY | CFY | CFY |
| 12:10-12:30 | MAC | WTRC | WTRC | WTRC | WTRC | WTRC | WTRC | WTRC |

Meet starts at 12:40pm

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY AM** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 7:00-7:20 | WTRC | WTRC | WTRC | KCST | KCST | KCST | LIFE | LIFE |
| 7:20-7:40 | CM | CM | CM | CM | CM | CM | CM | CM |
| 7:40-8:00 | DR | DR | DR | DR | DR | DR | DR | MAC |

Meet starts at 8:10am

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY PM** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 10:30-10:50 | WTRC | WTRC | WTRC | WTRC | WTRC | WTRC/LIFE | LIFE | LIFE |
| 10:50-11:10 | KCST | KCST | KCST | KCST | KCST/CFY | CFY | CFY | CFY |
| 11:10-11:30 | DR | DR | DR | DR | DR | CM | MAC | MAC |

Meet starts at 11:40am