

Warm-up Assignments

Session 1 - FG Athletes 274 Density 11.4

Time	1	2	3	4	5	6	7	8
7:00-7:20	AB	FG	FG	FG	FC	FC	FC	FC
7:20-7:40	MG	MG	MG	JT	RS	RS	BA/RS	BA
7:40-8:00	NH	NH	VB	VB	AQ	AQ	AR	AR/EM

Session 2 - Arena Club Athletes 218 Density 9.1

Time	1	2	3	4	5	6
4:00-4:15	AR	AR	FG	FG	FG	AB
4:15-4:30	MG	MG	FC	FC	FC	FC
4:30-4:45	BA	BA	NH	NH	NH	VB/EM
4:45-5:00	AQ	AQ	AQ	JT	RS	RS

Session 3 - Aberdeen Athletes Density 11.9

Time	1	2	3	4	5	6
6:30-6:45	AB	AB	RS	RS	RS	RS
6:45-7:00	JT/EM	MG	MG	MG	MG/VB	VB
7:00-7:15	FG	FG	FG	FG	FG	FG
7:15-7:30	AQ	AQ	AQ	AR	AR	AR
7:30-7:45	BA	BA	AR/BA	AR	FC	FC
7:45-8:00	NH	NH	NH	FC	FC	FC

Timer Coverage

Session 1 - FG

3 People Per Lane

1	2	3	4	5	6	7	8
RS	FC	AB	BA	EM	MG	VB	NH

Session 2 - Arena Club

3 People Per Lane

1	2	3	4	5	6
JT	FC	BA	MG	NH	AQ

Session 3 - Aberdeen

2 People Per Lane

1	2	3	4	5	6
FG	FC	AR	MG	VB	AQ