

Warm-ups: Friday Morning

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Session 1 7:05A-7:25A	MST 10 & Under	MST 10 & Under	MST 10 & Under	MST 10 & Under	CST 10 & Under	CST 10 & Under	CST 10 & Under	SSA 10 & Under
Session 2 7:25A-7:45A	MST 11 & Over	MST 11 & Over	MST 11 & Over	MST 11 & Over	CST 11 & Over	CST 11 & Over	CST 11 & Over	SSA 11 & Over
Session 3 7:45A-8:05A	PSL 10 & Under	PSL 10 & Under	PSL 10 & Under	DDST 10 & Under	DDST 10 & Under	JST 10 & Under	JST 10 & Under	DST/TROY 10 & Under
Session 4 8:05A-8:25A	TTS 11 & Under	PSL 11 & Under	PSL 11 & Under	DDST 11 & Under	DDST 11 & Under	JST 11 & Under	JST 11 & Under	DST/TROY 11 & Over
Session 5 8:25A-8:45A	TTS 10 & Under	OST 10 & Under	OST 10 & Under	ARAB 10 & Under	ARAB 10 & Under	ARAB 10 & Under	EWR/FPST 10 & Under	<u>JHST/AST@</u> 10 & Under
Session 6 8:45A-9:05A	OST 11 & Under	OST 11 & Under	OST 11 & Under	ARAB 11 & Under	ARAB 11 & Under	ARAB 11 & Under	EWR/FPST 11 & Under	<u>JHST/AST@</u> 11 & Under
Session 7 9:05A-9:25	ABST 10 & Under	BOAZ 10 & Under	AST 10 & Under	AST 10 & Under	<u>ASL</u> 10 & Under	FAST 10 & Under	GST 10 & Under	GST 10 & Under
Session 8 9:25A-9:45	ABST 11 & Under	BOAZ 11 & Under	AST 11 & Under	ASL 11 & Under	ASL 11 & Under	FAST 11 & Under	GST 11 & Under	GST 11 & Under

We have divided teams warm-ups into two sessions. This gives every team 20 minutes with your 10 & Unders and 20 minutes with your 11 & overs. This is your time please use it wisely. Each team can decide when and which lane they would like to do starts in. If you are sharing a lane with another team please work together to do starts. We will have warm-up and warm-down lanes open throughout the meet for 12 & over only.

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	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Session 1 7:05A-7:25A	ABST 10 & Under	BOAZ 10 & Under	AST 10 & Under	ASL 10 & Under	ASL 10 & Under	FAST 10 & Under	GST 10 & Under	GST 10 & Under
Session 2 7:25A-7:45A	ABST 11& Over	BOAZ 11& Over	AST 11& Over	AST 11& Over	ASL 11& Over	FAST 11& Over	GST 11& Over	GST 11& Over
Session 3 7:45A-8:05A	OST 10 & Under	OST 10 & Under	OST 10 & Under	ARAB 10 & Under	ARAB 10 & Under	ARAB 10 & Under	EWR/FPST 10 & Under	<u>JHST/AST@</u> 10 & Under
Session 4 8:05A-8:25A	TTS 11& Over	OST 11& Over	OST 11& Over	ARAB 11& Over	ARAB 11& Over	ARAB 11& Over	EWR/FPST 11& Over	<u>JHAT/AST@</u> 11& Over
Session 5 8:25A-8:45A	TTS 10 & Under	PSL 10 & Under	PSL 10 & Under	DDST 10 & Under	DDST 10 & Under	JST 10 & Under	JST 10 & Under	DST/TROY 10 & Under
Session 6 8:45A-9:05A	PSL 11& Over	PSL 11& Over	PSL 11& Over	DDST 11& Over	DDST 11& Over	JST 11& Over	JST 11& Over	DST/TROY 11& Over
Session 7 9:05A-9:25	MST 10 & Under	MST 10 & Under	MST 10 & Under	MST 10 & Under	CST 10 & Under	CST 10 & Under	CST 10 & Under	SSA 10 & Under
Session 8 9:25A-9:45	MST 11& Over	MST 11& Over	MST 11& Over	MST 11& Over	CST 11& Over	CST 11& Over	CST 11& Over	SSA 11& Over

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