

2020 ASC Too Fast To Freeze Meet

Team Warm Up Lane Assignments

Session 1 (FRI PM) Warmup open from 5:00-5:30pm, no assigned lanes

Session 2 (SAT AM)

25 minutes each warm up session

Lane	Saturday 6:55 AM	Saturday 7:20 AM
1	ASC	CAST/MWWM
2	ASC	GBSC/WAC
3	ASC	GBSC/WAC
4	SCSC	GBSC/WAC
5	SCWW	HSSB
6	PASC/NLAC	HSSB
7	PASC/NLAC	HSSB
8	NEAT	HSSB

All lanes go to one way starts at 7:45 AM, open to all teams for 10 minutes

Session 3 (SAT PM)

25 minutes each warm up session

Lane	Saturday 12:00 PM	Saturday 12:25 PM
1	ASC	PASC
2	ASC	PASC/NLAC
3	ASC	SCSC
4	HSSB	SCWW
5	HSSB	CAST
6	HSSB	GBSC
7	NEAT	GBSC
8	NEAT	GBSC

At 12:50 PM Lanes 3-6 will go to mixed team 8 and Under Warmups and Lanes 1-2 and 7-8 will go to mixed team one way block starts for 10 minutes

Session 4 (SUN AM)

25 minutes each warm up session

Lane	Saturday 6:55 AM	Saturday 7:20 AM
1	ASC	SCWW
2	ASC	SCSC
3	ASC	CAST/UN
4	ASC	PASC/NLAC
5	HSSB	NEAT
6	HSSB	GBSC/WAC
7	HSSB	GBSC
8	HSSB	GBSC

All lanes go to one way starts at 7:45 AM, open to all teams for 10 minutes