

WARM UP ASSIGNMENTS

Session 1- Friday 5:15pm Meet Starts

WU1: 4:00-4:30

WU2: 4:35-5:05

Indoor Pool

Indoor Pool

1	TAQ
2	TAQ
3	TAQ
4	TAQ
5	CRAW
6	CRAW
7	CRAW
8	CRAW

1	WAVE
2	WAVE
3	PAC
4	PAC
5	CCSC
6	HSC
7	TRST
8	FINS/AMYZ

Outdoor Pool

Outdoor Pool

1	CRAW
2	CRAW
3	CRAW
4	CRAW
5	CRAW
6	CRAW
7	CRAW
8	CRAW

1	WAVE
2	WAVE
3	PAC
4	PAC
5	ES/CLAC
6	NOA
7	CREW
8	GCSC

Session 2/4- 13 & Over. 8:30am meet start

WU1: 7:00-7:25am

WU2: 7:30-7:55am

WU3: 8:00-8:25am

Indoor Pool

Indoor Pool

Indoor Pool

1	CRAW
2	CRAW
3	CRAW
4	CRAW
5	CRAW
6	CRAW
7	CRAW
8	CRAW

1	TAQ
2	TAQ
3	TAQ
4	HSC
5	HSC
6	CCSC
7	CREW
8	GCSC

1	PAC
2	PAC
3	WAVE
4	WAVE
5	TRST
6	FINS
7	CLAC/AMYZ
8	ES/NOA

Outdoor Pool

Outdoor Pool

Outdoor Pool

1	CRAW
2	CRAW
3	CRAW
4	CRAW
5	CRAW
6	CRAW
7	CRAW
8	CRAW

1	TAQ
2	TAQ
3	TAQ
4	TAQ
5	TAQ
6	HSC
7	HSC
8	CCSC

1	PAC
2	PAC
3	WAVE
4	WAVE
5	OPEN
6	OPEN
7	OPEN
8	OPEN

Sessions 3/5: 12 & Under					
WU1 SAT: 1:45-2:10pm		WU2 SAT: 2:15-2:40pm		Meet Begins: 2:45pm	
WU1 SUN:12:45-1:10pm.		WU2 SUN: 1:15-1:40pm.		Meet Begins: 1:45pm	
<i>1st Warm Up</i>		<i>2nd Warm Up</i>			
<u>Indoor Pool</u>			<u>Indoor Pool</u>		
1	CRAW	1	TAQ		
2	CRAW	2	TAQ		
3	CRAW	3	TAQ		
4	HSC	4	PAC		
5	HSC	5	PAC		
6	CREW	6	ES/GCSC		
7	FINS	7	CCSC(SAT Only)/TRST/AMYZ		
8	WAVE	8	NOA/CLAC		
<u>Outdoor Pool</u>			<u>Outdoor Pool</u>		
1	CRAW	1	TAQ		
2	CRAW	2	TAQ		
3	CRAW	3	TAQ		
4	HSC	4	PAC		
5	HSC	5	PAC		
6	CREW	6	ES/GCSC		
7	FINS	7	CCSC(SAT Only)/TRST/AMYZ		
8	WAVE	8	NOA/CLAC		