

# CAC January Invitational Warm-Up Assignments

## Session 1 [ 9, 10, 11, 12 Year Olds ]

WarmUp Period 1		6:50 AM - 7:15 AM			Athlete Count = 47	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	CAC	CAC	CAC	

WarmUp Period 2		7:15 AM - 7:40 AM			Athlete Count = 77	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
SFF	SFF	SFF	MAC	MAC	MAC	

WarmUp Period 3		7:40 AM - 8:05 AM			Athlete Count = 78	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
OHST	OHST	MAST	MAST	RAYS	WTRC	

One Way Sprints - 8:05 AM - 8:15 AM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
All Teams					Open W/U

Session 1 Starts At 8:20 AM

Session 1 Ends at 12:10 PM

## Session 2 [ 6, 7, 8 Year Olds ]

WarmUp Period 1		12:30 PM - 12:50 PM			Athlete Count = 45	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	RAYS	RAYS	RAYS	

WarmUp Period 2		12:50 PM - 1:10 PM			Athlete Count = 46	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
SFF	SFF	WTRC	MAC	OHST	MAST	

One Way Sprints - 1:10 PM - 1:20 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
All Teams					Open W/U

Session 2 Starts At 1:30 PM

Session 2 Ends at 3:40 PM