

## Warm up Assignments

Morning Session

Group A – **15 & Over ONLY!!**

Groups B & C – **10 & Under ONLY!!!!**

<b>Group A</b>	<b>Group B</b>	<b>Group C</b>
<b>6:45 – 7:05 am</b>	<b>7:05 – 7:25 am</b>	<b>7:25 – 7:45 am</b>
	NJW & UN-NJW	MB
<b>ALL TEAMS!</b>	TWST	PIAC
	CBGC	DORC
	RHSC	JG
		SDSC
		WFY
		MDY

**Sprints will be from 7:45 – 7:55 am in all lanes.**

Afternoon Session

<b>Group A</b>	<b>Group B</b>	<b>Group C</b>
<b>12:45 – 1:05 pm</b>	<b>1:05 – 1:25 pm</b>	<b>1:25 – 1:45 pm</b>
WFY	MB	NJW & UN-NJW
RHSC	CBGC	SDSC
RY	DORC	TWST
PIAC		JG
		MDY
		BMS

**Sprints will be from 1:45 – 1:55 pm in all lanes.**