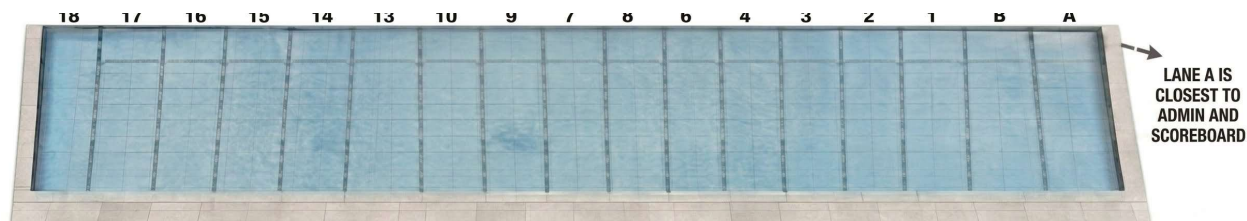


WARMUP ASSIGNMENTS

Please note Lane A is the lane closest to Admin and the Scoreboard. Lane B is next and to the left of Lane A. Lanes with blocks are lanes 1-8. The last lane to the left (near Rec Center) is Lane 18.



Lane Assignments for Saturday (10 & Under)

9:00 am – 9:35 am

TEAM	LANE(S)
ELER	A
EHST	B and Lane 1
OSC	Lanes 2-4
PIP	Lanes 5-7
NOC	Lanes 8-10
ARG	Lanes 11-12
PSSC	Lane 13
WEAC	Lanes 14-18

Lane Assignments for Sunday (11 & Over)

8:00 am – 8:35 am

TEAM	LANE(S)
WEAC	A, B, Lane 1
PSSC	Lanes 2-3
ARG	Lanes 4-7
NOC	Lane 8
PIP	Lanes 9-10
OSC	Lanes 11-13
ELER	Lanes 14-15
EHST	Lanes 16-18

The final 15 minutes of warmup each day will be controlled warmup with Lanes 1-8 for one-way sprints/starts off blocks with all other lanes general warmup. This will be 9:35 am – 9:50 am on Saturday and 8:35 am – 8:50 am on Sunday.

