



# Warm-Up Assignments



FRIDAY	
	Warm-up 1
Lane	Team
Lane 1	CANY
Lane 2	CANY
Lane 3	CANY
Lane 4	CANY
Lane 5	CANY
Lane 6	CANY
Lane 7	ROSE
Lane 8	ROSE
Lane 9	ROSE
Lane 10	ROSE
Lane 11	PATH
Lane 12	PATH
Lane 13	PATH
Lane 14	BLST
Lane 15	BLST
Lane 16	TSM
Lane 17	PVPB
Lane 18	SPAR
Lane 19	CCAT
Lane 20	TCFS

SATURDAY (25 MINUTES)			
	Warm-up 1	Warm-up 2	Warm-up 3
Lane	Team	Team	Team
Lane 1	CANY	ROSE	<p style="text-align: center;">ROSE CANY PATH WARM-UP FOR 12 &amp; UNDERS *OTHERS CAN JOIN IF THEY CHOOSE</p>
Lane 2	CANY	ROSE	
Lane 3	CANY	ROSE	
Lane 4	CANY	ROSE	
Lane 5	LASC	ROSE	
Lane 6	LASC	PATH	
Lane 7	LASC	PATH	
Lane 8	LASC	PATH	
Lane 9	LASC TCFS	PATH	
Lane 10	BLST	PVPB	
Lane 11	BLST	PVPB	
Lane 12	BLST	PVPB	
Lane 13	BLST	PVPB	
Lane 14	BLST	PVPB	
Lane 15	TSM	CCAT	
Lane 16	TSM	CCAT	
Lane 17	HRZN	CCAT DA	
Lane 18	HRZN	SPAR	
Lane 19	HRZN	SPAR	
Lane 20	AGAC	TNT MSS	



# Warm-Up Assignments



<b>SUNDAY (25 MINUTES)</b>			
	<b>Warm-up 1</b>	<b>Warm-up 2</b>	<b>Warm-up 3</b>
<b>Lane</b>	<b>Team</b>	<b>Team</b>	<b>Team</b>
Lane 1	CANY	ROSE	<p style="text-align: center;"> <b>ROSE</b>  <b>CANY</b>  <b>PATH</b>  <b>WARM-UP</b>  <b>FOR 12 &amp;</b>  <b>UNDERS</b>  <small>*OTHERS CAN JOIN IF THEY CHOOSE</small> </p>
Lane 2	CANY	ROSE	
Lane 3	CANY	ROSE	
Lane 4	CANY	ROSE	
Lane 5	CANY	ROSE	
Lane 6	CANY	ROSE	
Lane 7	LASC	ROSE	
Lane 8	LASC	PATH	
Lane 9	LASC	PATH	
Lane 10	LASC	PATH	
Lane 11	LASC	PATH	
Lane 12	PVPB	BLST	
Lane 13	PVPB	BLST	
Lane 14	PVPB DA	BLST	
Lane 15	TSM	BLST	
Lane 16	TSM	CCAT	
Lane 17	TSM HRZN	CCAT	
Lane 18	HRZN	SPAR	
Lane 19	HRZN	SPAR WAVE	
Lane 20	TNT MSS	WAVE	