

Friday Evening - All Ages

1st Tier --- 5:00 - 5:30 PM

12/Unders				13/Overs			
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
CAML Jrs - 4 CAT - Jrs - 3	CCAT Jrs - 9	FINS Jrs - 9	FINS Jrs - 8	FINS Srs - 4	CAT Srs - 3	CCAT Srs - 3 ARAC Srs - 2	CAML Srs -5

2nd Tier --- 5:30 - 6:00 PM

12/ Unders				13/Overs			
<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
WAC Jrs - 8	UAC Jrs - 4 VSYM Jrs - 3	BRS Jrs - 5 GLAS Jrs - 1	BRS Jrs - 7	BRS Srs - 5	BRS Srs - 2 UAC Srs - 3	VSYM Srs 3 CAC Srs - 1 WAC Srs - 2	GLAS Srs - 5

Specific Warm-up --- 6:00 - 6:10 PM

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Pace	Circle	One-way Sprint	One-way Sprint	One-way Sprint	One-way Sprint	One-way Sprint	One-way Sprint

Start --- 6:15 PM

