

## Saturday Morning - 12/U Girls & 13/O Boys

1st Tier --- 7:30 - 7:55 AM

12/Under Girls					13/Over Boys		
<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>
CAMEL 12	CAMEL - 5 MSC - 2 OAK - 4	BRS - 11	BRS - 11	BRS - 11	OAK - 5	BRS - 5	BRS - 2 CAML - 2 MSC - 2

2nd Tier --- 7:55 - 8:20 AM

12/Under Girls					13/Over Boys		
<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>
UAC - 12	UAC - 2 ARAC - 10	FINS - 4 GLAS - 7	FINS - 11	FINS - 12	ARAC - 6 FINS - 1	UAC - 6	GLAS - 6

3rd Tier --- 8:20 - 8:45 AM

12/Under Girls					13/Over Boys		
<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>
CCAT - 12	WAC - 9 CAT - 4	NSC - 5 OMNI - 5	VSYM - 9 CAC - 3	VSYM - 12	VSYM - 5	CCAT - 2 NSC - 2 OMNI - 1	WAC - 6

Specific Warm-up --- 8:45 - 8:55 AM

<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 --- 9:00 AM