

Saturday Afternoon - 12/U Boys & 13/O Girls

1st Tier --- 12:45 - 1:10 PM

12/Under Boys			13/Over Girls				
<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 - 14	GIAS - 7 OAK - 3 CAT - 3	WAC - 14	OAK - 10	OAK - 6 WAC - 5	GLAS 10	GLAS - 5 CAT - 5	CAML - 8

2nd Tier --- 1:10 - 1:35 PM

12/Under Boys			13/Over Girls				
<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>
BRS - 14	BRS - 6 CCAT - 6 MSC - 1	VSYM - 10 OMNI - 5	BRS - 10	BRS - 10	BRS - 3 MSC - 4 OMNI - 4	CCAT - 8	VSYM - 9

3rd Tier --- 1:35 - 2:00 PM

12/Under Boys			13/Over Girls				
<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>
FINS - 14	FINS - 12 CAC - 2	ARAC - 6 UAC - 5 NSC - 3	ARAC - 10	ARAC - 2 UAC - 8	CAC - 10	FINS - 10	FINS - 4 NSC - 5

Specific Warm-up --- 2:00 - 2:10 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 --- 2:15 PM