

Sunday 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> |
| CAML - 11 | CAML - 3 WAC - 8 | OMNI - 5 NSC - 4 CAC - 3 | VSYM - 7 CAT - 4 | VSYM - 12 | NSC - 3 CAC - 2 | WAC - 4 OMNI - 1 | CAML - 3 VSYM - 3 |

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> |
| FINS - 12 | FINS - 11 | FINS - 4 GLAS - 7 | UAC - 2 ARAC - 10 | UAC - 12 | ARAC - 6 | GLAS - 7 | UAC - 6 FINS - 1 |

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> |
| BRS - 12 | BRS - 12 | BRS - 9 MSC - 3 | CCAT - 6 OAK - 6 | CCAT - 12 | BRS - 6 | BRS - 1 OAK - 2 CCAT - 2 | OAK - 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