

Sunday 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	CCAT - 5 OMNI - 5 MSC - 1	VSYM - 9 UAC - 5	VSM - 10	VSYM - 2 CCAT - 9	MSC - 7 OMNI - 4	UAC - 10	CAML - 10

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 - 13	BRS - 7 GLAS - 7	WAC - 11 CAC - 2	BRS - 11	BRS - 11	CAC - 11	GLAS - 5 WAC - 7	GLAS - 12

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 - 13	FINS - 13	ARAC - 4 CAT - 3 NSC - 3 OAK - 3	ARAC - 12	FINS - 3 NSC - 7	FINS - 10	OAK - 7 CAT - 4	OAK - 12

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