



2009 TYR-CAC MidWinter Invitational Warm-Up Assignments

Session 1 - Friday PM Jan 30th

WarmUp Period 1 5:00 PM - 5:30 PM					55 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
KAC	CAC/KAC	CAC	CAC	CAC	CAC

WarmUp Period 2 5:30 PM - 6:00 PM					59 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
PCY	PCY	CLPR	CLPR/SFF	CLPR/CY	CY/MAKO

One Way Sprints - 6:00 PM - 6:10 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Open W/U	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 6:15 PM Session Ends 9:30 PM

There will be a 10 Minute warm-up after Event 106 and before Event 107

Session 2 - Saturday AM Jan 31st

WarmUp Period 1 7:00 AM - 7:25 AM					51 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC	CAC

WarmUp Period 2 7:25 AM - 7:50 AM					49 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
KAC	KAC	KAC	KAC/CY	CY	CY

WarmUp Period 3 7:50 AM - 8:15 AM					48 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
PCY	PCY	PCY	CLPR	CLPR	MAKO

One Way Sprints - 8:15 AM - 8:25 AM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 8:30 AM Session Ends 12:00 PM

Session 3 - Saturday PM Jan 31st

WarmUp Period 1 12:05 PM - 12:25 PM					53 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC	CAC

WarmUp Period 2 12:25 PM - 12:45 PM					43 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
KAC	KAC	KAC	MAKO	MAKO	MAKO/SFF

WarmUp Period 3 12:45 PM - 1:05 PM					47 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CLPR/CY	CLPR	CLPR	PCY	PCY	PCY

One Way Sprints - 1:05 PM - 1:15 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 1:20 PM Session Ends 4:30 PM



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Session 4 - Sunday AM Feb 1st

WarmUp Period 1 7:00 AM - 7:25 AM					51 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC	CAC

WarmUp Period 2 7:25 AM - 7:50 AM					41 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
KAC	KAC	KAC	CY	CY	CY

WarmUp Period 3 7:50 AM - 8:15 AM					35 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
PCY	PCY	OPEN	CLPR	CLPR	MAKO

One Way Sprints - 8:15 AM - 8:25 AM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 8:30 AM Session Ends 11:15 AM

Session 5 - Sunday Mile Feb 1st

Open Warm-ups at 11:15 AM - 11:30 AM

Session Begin: 11:30 PM Session Ends 12:15 PM

Session 6 - Sunday PM Feb 1st

WarmUp Period 1 12:20 PM - 12:40 PM					51 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC	CAC

WarmUp Period 2 12:40 PM - 1:00 PM					37 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
KAC/CY	KAC	KAC	MAKO	MAKO	MAKO/SFF

WarmUp Period 3 1:00 PM - 1:20 PM					43 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CLPR	CLPR	CLPR	PCY	PCY	PCY

One Way Sprints - 1:20 PM - 1:30 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 1:35 PM Session Ends 4:00 PM