

Warm-ups: Friday Morning

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|--------------------------|--------------------|--------------------|-------------------|--------------------|--------------------------|--------------------|------------------------|--------------------------------|
| Session 1 7:05A-7:25A | MST 10 & Under | MST 10 & Under | MST 10 & Under | MST 10 & Under | CST 10 & Under | CST 10 & Under | CST 10 & Under | SSA 10 & Under |
| Session 2 7:25A-7:45A | MST 11 & Over | MST 11 & Over | MST 11 & Over | MST 11 & Over | CST 11 & Over | CST 11 & Over | CST 11 & Over | SSA 11 & Over |
| Session 3 7:45A-8:05A | PSL 10 & Under | PSL 10 & Under | PSL 10 & Under | DDST 10 & Under | DDST 10 & Under | JST 10 & Under | JST 10 & Under | DST/TROY 10 & Under |
| Session 4 8:05A-8:25A | TTS 11 & Under | PSL 11 & Under | PSL 11 & Under | DDST 11 & Under | DDST 11 & Under | JST 11 & Under | JST 11 & Under | DST/TROY 11 & Over |
| Session 5 8:25A-8:45A | TTS 10 & Under | OST 10 & Under | OST 10 & Under | ARAB 10 & Under | ARAB 10 & Under | ARAB 10 & Under | EWR/FPST 10 & Under | <u>JHST/AST@</u> 10 & Under |
| Session 6 8:45A-9:05A | OST 11 & Under | OST 11 & Under | OST 11 & Under | ARAB 11 & Under | ARAB 11 & Under | ARAB 11 & Under | EWR/FPST 11 & Under | <u>JHST/AST@</u> 11 & Under |
| Session 7 9:05A-9:25 | ABST 10 & Under | BOAZ 10 & Under | AST 10 & Under | AST 10 & Under | <u>ASL</u> 10 & Under | FAST 10 & Under | GST 10 & Under | GST 10 & Under |
| Session 8 9:25A-9:45 | ABST 11 & Under | BOAZ 11 & Under | AST 11 & Under | ASL 11 & Under | ASL 11 & Under | FAST 11 & Under | GST 11 & Under | GST 11 & Under |

We have divided teams warm-ups into two sessions. This gives every team 20 minutes with your 10 & Unders and 20 minutes with your 11 & overs. This is your time please use it wisely. Each team can decide when and which lane they would like to do starts in. If you are sharing a lane with another team please work together to do starts. We will have warm-up and warm-down lanes open throughout the meet for 12 & over only.

