

Summer Sizzler Warm-up Assignments

Work together with teams in your lanes to open pace opportunities and one way sprints as needed.

Friday AM 12&U Warm-up, 8:00-9:00 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	SEA	J-HK	GBSC, LIFE, UNAT	MMSC	OZ	RA	WHTN	CWAC	CWAC

Friday PM Open Warm-up, 11:18 AM-12:18 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	SEA	J-HK, SSTY, SRQ	GBSC, UNAT	MMSC	MMSC	RA	WHTN	CWAC	CWAC

Saturday AM 12&U Warm-up, 8:00-9:00 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	J-HK	GBSC, LIFE, UNAT	TOSA	MMSC	OZ	RA	WHTN	CWAC	CWAC

Saturday PM Open Warm-up, 12:17-1:17 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	SEA	J-HK, SSTY, SRQ	GBSC, UNAT	MMSC	TOSA	RA	WHTN	CWAC	CWAC