

## 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, 11:24 AM-12:24 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    |