

### 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, 8:00-8:40 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WILD	WILD	SCST, LGSC	EBSC, JAG	SEA, J-HK	SWAT, BAC	WEST, GBSC	DCST, DDST	SHOR, PX3	AA, OCON

Friday PM Open Warm-up, 12:20-1:20 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WEST	WEST, OCON, J-HK, UN	EBSC	WILD	SHOR, FFSC	DCST, MM	AA, SEA	SCST, LGSC, GBSC	DDST, BAC, JAG	SWAT, PX3, WHTN, WACY

Saturday AM 12&U Warm-up, 8:00-8:40 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WILD	WILD	EBSC	WEST, JAG	SCST, MM	SWAT, LGSC	SEA, GBSC	AA, J-HK	DCST, DDST	SHOR, PX3, BAC

Saturday PM Open Warm-up, 12:45-1:45 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WEST	WEST, LGSC, BAC	EBSC	WILD	SHOR, GBSC	AA, FFSC	SCST, MM, JAG	SWAT, SEA, J-HK	DCST, OCON, WHTN, WACY	DDST, PX3, UN