

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	BDSC, J-HK	GBSC, OZ	SHOR, WHTN	TOSA, STAT	FVIFY, DCST	PX3, OCON	SWAT	EBSC	EBSC

Friday PM Open Warm-up, 12:15-1:15 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA, TOSA	BDSC, STAT	SHOR, OZ	SWAT, OCON	WHTN, GBSC	PX3, DCST	J-HK, FVIFY	EBSC	EBSC	EBSC

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	BDSC, J-HK	GBSC, OZ	SHOR, WHTN	TOSA, STAT	FVIFY, DCST	PX3, OCON	SWAT	EBSC	EBSC

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
SEA, TOSA	BDSC, STAT	SHOR, OZ	SWAT, OCON	WHTN, GBSC	PX3, DCST	J-HK, FVIFY	EBSC	EBSC	EBSC