

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	J-HK, WHTN	GBSC	FV FY	TOSA	SWAT	EBSC	EBSC	CWAC	CWAC

Friday PM Open Warm-up, 12:25-1:25 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA, MYST	TOSA, UN	FV FY, J-HK	WHTN, GBSC	SWAT	EBSC	EBSC	EBSC	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, WHTN	GBSC	FV FY	TOSA	SWAT	EBSC	EBSC	CWAC	CWAC

Saturday PM Open Warm-up, 1:00-2:00 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA, MYST	TOSA, UN	FV FY, J-HK	WHTN, GBSC	SWAT	EBSC	EBSC	EBSC	CWAC	CWAC