



Summer Sizzler Warm-up Assignments

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

Friday Warm-up, 3:00-4:00 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	CWAC	CWAC	EBSC	FOX	FOX	HPAC	MMSC	STAT, WEST	WHTN

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	CWAC	CWAC	EBSC	EBSC	FOX	HPAC	MMSC	STAT, WEST	WHTN

Saturday PM Open Warm-up, 1:09-2:09 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	CWAC	CWAC	EBSC	FOX	FOX	MMSC`	MMSC	STAT, HPAC	WHTN, FMC