

2010 CAC Mid-Winter Invitational Warm-Up Assignments

Session 1 - Friday PM Jan 29th

WarmUp Period 1 4:45 PM - 5:10 PM					53 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
KAC	CAC	CAC	CAC	CAC/MAST	MAST

WarmUp Period 2 5:10 PM - 5:35 PM					53 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
MHSW	MHSW	MHSW	PCY	PCY	PCY

WarmUp Period 3 5:35 PM - 6:00 PM					57 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CLPR	CLPR	CLPR	CLPR/MAKO	CY	CY

One Way Sprints - 6:00 PM - 6:10 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Open W/U

Session Begin: 6:15 PM Session Ends 10:15 PM

There will be a 10 Minute warm-up after Event 106 and before Event 107

There will be a 5 Minute warm-up after Event 110 and before Event 111

2010 CAC Mid-Winter Invitational Warm-Up Assignments

Session 2 - Saturday AM Jan 30th

WarmUp Period 1 6:45 AM - 7:20 AM					79 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	PCY	PCY	PCY

WarmUp Period 2 7:20 AM - 7:55 AM					75 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
KAC	KAC	KAC	MAST	CY	CY

WarmUp Period 3 7:55 AM - 8:30 AM					77 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
MHSW	MHSW	MHSW	MAKO	CLPR	CLPR

One Way Sprints - 8:30 AM - 8:40 AM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Open W/U	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 8:45 AM Session Ends 12:50 PM

Session 3 - Saturday PM Jan 30th

WarmUp Period 1 1:00 PM - 1:20 PM					68 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC/MAKO	MAKO

WarmUp Period 2 1:20 PM - 1:40 PM					60 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CLPR	CLPR	CLPR	CLPR/PCY	PCY	PCY

WarmUp Period 3 1:40 PM - 2:00 PM					66 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
MHSW	MHSW	MHSW/MAST	MAST	MAST/KAC	KAC/CY

One Way Sprints - 2:00 PM - 2:10 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 2:15 PM Session Ends 6:10 PM

2010 CAC Mid-Winter Invitational Warm-Up Assignments

Session 3 - Sunday AM Jan 31st

WarmUp Period 1					6:45 AM - 7:20 AM	79 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	PCY	PCY	PCY	

WarmUp Period 2					7:20 AM - 7:55 AM	75 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
KAC	KAC	KAC	MAST	CY	CY	

WarmUp Period 3					7:55 AM - 8:30 AM	77 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
MHSW	MHSW	MHSW	MAKO	CLPR	CLPR	

One Way Sprints - 8:30 AM - 8:40 AM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Open W/U	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 8:45 AM Session Ends 12:55 PM

Session 5 - Sunday Mile Jan 31st

Open Warm-ups at 1:00 PM - 1:15 PM

Session Begin: 1:15 PM Session Ends 2:30 PM

Session 6 - Sunday PM Jan 31st

WarmUp Period 1					2:30 PM - 2:50 PM	61 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	CAC	CAC/MAKO	MAKO	

WarmUp Period 2					2:50 PM - 3:10 PM	59 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CLPR	CLPR	CLPR	CLPR/PCY	PCY	PCY	

WarmUp Period 3					3:10 PM - 3:30 PM	62 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
MHSW	MHSW	MHSW/MAST	MAST	MAST/KAC	KAC/CY	

One Way Sprints - 3:30 PM - 3:40 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

Session Begin: 3:45 PM Session Ends 6:50 PM