

CRA October Distance & Specialty Meet

Team Warm Up Assignments

October 13-15, 2023

Friday 4:15 -4:55, Start 5:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
<p>4:15-4:45 PM General Warm Up All Lanes 4:45-4:55 Pace lanes 1-3, General Warm Up Lanes 4-13</p>												

Saturday 8:00-8:20 AM (13 & Over Session) Updated

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
STRM	STRM	STRM	STRM	STRM	ATST	ATST	ATST	ATST	KING	KING	KING	KING
				KASC								

Saturday 8:20-8:40 AM, Start 8:45 AM (13 & Over Session) Updated

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
GS	GS	GS	GS	WEST	ARCT	KING-RI	KING-RI	SSYS	SSYS	BAT	CCFF	WSY
			LAC	BBSC							NANT	HDSC

Saturday 12:45-1:05 PM (12 & Under Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ARCT	ARCT	ARCT	KING-RI	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA	KASC
		CCFF										

Saturday 1:05-1:25 PM, Start 1:30 PM (12 & Under Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ATST	ATST	ATST	BAT	KING	KING	GS	GS	STRM	STRM	SSYS	SSYS	BBSC
		NANT	HDSC				WEST			WSY		

Sunday 7:00-7:20 AM (13 & Over Session) Updated

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
GS	GS	GS	GS	WEST	ARCT	KING-RI	KING-RI	SSYS	SSYS	BAT	CCFF	WSY
			LAC	BBSC							NANT	HDSC

Sunday 7:20-7:40 AM, Start 7:45 AM (13 & Over Session) Updated

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
STRM	STRM	STRM	STRM	STRM	ATST	ATST	ATST	ATST	KING	KING	KING	KING
				KASC								

Sunday 11:45-12:05 PM (12 & Under Session) Updated

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ARCT	ARCT	ARCT	KING-RI	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA	KASC
		CCFF										

Sunday 12:05-12:25 PM, Start 12:30 PM (12 & Under Session) Updated

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ATST	ATST	ATST	BAT	KING	KING	GS	GS	STRM	STRM	SSYS	SSYS	BBSC
		NANT	HDSC				WEST			WSY		

