

**CRA Distance & Specialty Meet  
Team Warm Up Assignments  
November 17-19, 2023**

**Friday Evening**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
<p><b>4:00-4:30 PM General Warm Up All Lanes</b>  <b>4:30-4:40 Pace lanes 1-3, General Warm Up Lanes 4-13</b>  <b>Meet Starts – 4:45 PM</b></p>												

**Saturday 7:00-7:20 AM (12 & Under Session) (Changed)**

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

**Saturday 7:20-7:40 AM (12 & Under Session) Start – 7:45 AM (Changed)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ARCT	ARCT	GS	GS	PHX	PHX	WTST	USC	USC	ACES	STRM	EDGE	ATLA
									NANT		UN	WSY





