

**CRA Distance & Specialty
Team Warm Up Assignments
September 28, 2024**

11 & Over Distance Session

Saturday 9:00 – 9:30 AM, Meet Start 9:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
GENERAL WARM UP (ALL LANES)												

12 & Under Specialty Session

Saturday 1:15 – 1:35 PM, Meet Start 1:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
CRA	CRA	CRA	CRA	CRA	KASC	KING	KING	KING	SEAC	ARTIC	ARTIC	ARTIC
CRA	CRA	CRA	CRA	CRA	KASC	KING	KING	KING	XTREME	ARTIC	ARTIC	ARTIC
Sprints 1:35-1:40 PM (ALL LANES)												