

**CRA Distance & Specialty Meet  
Team Warm Up Assignments  
January 10-12, 2025**

**Friday 5:00-5:25 PM, Start: 5:30 PM**

<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	<b>Lane 9</b>	<b>Lane10</b>	<b>Lane11</b>	<b>Lane12</b>	<b>Lane13</b>
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**5:00-5:20 PM General Warm Up All Lanes 1-13  
5:20-5:25 Pace lanes 1-3, General Warm Up Lanes 4-13  
Meet Starts – 5:25 PM**

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**Saturday 8:30-9:00 AM (13 & Over Session)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
CRA	CRA	CRA	CRA	CRA	CRA	HYV	HYV	SEAL	SEAL	OTTR	WSY	ANA

**Saturday 9:00-9:30 AM (13 & Over Session) Start: 9:35 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
CS	INST	INST	SUN	SUN	SEAC	KASC	YMNT	XTRM	NANT	BAT	WW	WW
		UN						LRW	PYPB			





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**Sunday 12:30-12:50 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
CRA	CRA	CRA	CRA	CRA	CRA	CRA	HYV	HYV	KASC	XTRM	WW	WW

**Sunday 12:50-1:10 PM (12 & Under Session) Start: 1:15 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
BAT	NANT	SEAC	HALE	CS	CS	CS	CS	WSY	SUN	INST	OTTR	OTTR
YMNT		ANA	LRW						SEAL			