

Autumn Cup 2009 Warm up Assignments

Sprint Lanes are available the last 5 – 10 minutes of each warm up session.

Session 1

Group A	Group B
8:00 - 8:30 am	8:30 – 9:00 am
SAC	CBGC
WAVE	STVN
BB	TWST
NPR	WFY
RVYM	DESC
NJBL	
RHSC	

Session 2

Group A
10:30 – 11:00 am
CBGC
NPR
NJBL
RHSC
TWST

Session 3

Group A	Group B	Group C
1:00 – 1:20 pm	1:20 – 1:40 pm	1:40 – 2:00 pm
SAC/UNSAC	CBGC	WFY/UNWFY
NJBL	RHSC	TWST
NPR	WAVE	RVYM
DESC		