

# Winter Cup 2017 Warm up Assignments

Saturday Session 1- Warm Up times 8:15 am to 9:15 am

Group A	Group B
8:15 - 8:45 am	8:45 - 9:15 am
CBGC	STAC JG
SCAR	DESC UNAT
	NJB JCCT AQR

**Sprints will be the last 5 - 10 minutes of each session.**

Saturday Session 2 - Warm Up times 1:00 pm to 2:00 pm

Group A	Group B	Group C
1:00 -1:20 pm	1:20 - 1:40 pm	1:40 - 2:00 pm
STAC	CBGC	JG NJB AQRC
	JCCT	SCAR TWST DESC
		RHSC

**Sprints will be the last 5 - 10 minutes of each session.**

Sunday Session 3 - Warm Up times 6:00 am to 7:00 am

Group A	Group B	Group C
6:00 - 6:20 am	6:20 - 6:40 am	6:40 -7:00 am
STAC	MB	CBGC RHSC
TWST	JG	NJBL NJB
ACE	OTT	AQRC DESC
		UNAT

**Sprints will be the last 5 - 10 minutes of each session.**

Sunday Session 4 -Warm Up times 10:45 am to 11:45 am

Group A	Group B
10:45 -11:15 am	11:15 - 11:45 am
MB	CBGC NJBL
STAC	JG TWST
ACE	RHSC DESC
OTT NJB	AQRC

**Sprints will be the last 5 - 10 minutes of each session.**

Sunday Session 5 - Warm Up 2:15 pm to 3:45 pm

Group A	Group B	Group C	Group D
2:15 - 2:35 pm	2:35-2:55pm	2:55 -3:15pm	3:15-3:35pm
MB SCAR	STAC	CBGC	TWST
OTT	NJBL	RHSC	NJB
DESC	AQR	UN-RH	JG

**Sprints will be the last 5 - 10 minutes of each session.**