

# Winter Cup 2013 Warm up Assignments

## Saturday Session 1A

Warm Up times 12:15 pm to 12:45 pm

All Teams Open Warm Up

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

## Saturday Session 1

Warm Up times 2:35 pm to 3:35 pm

<b>Group A</b>	<b>Group B</b>
<b>2:35 – 3:00 pm</b>	<b>3:00 – 3:35 pm</b>
BAC	CBGC
RHSC	TWST
NJBL	DESC

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

## Sunday Session

### Morning Session

Warm Up 6:55 am to 7:55am

<b>Group A</b>	<b>Group B</b>	<b>Group C</b>
<b>6:55 – 7:15 am</b>	<b>7:15 – 7:35 am</b>	<b>7:35 – 7:55 am</b>
CAT	BAC	CBGC
MAD	NJBL	RY
DESC	JG	BGCD
TWST	GARY	RHSC

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

## **Afternoon Session**

Warm Up 12:55 pm to 1:55 pm

<b>Group A</b>	<b>Group B</b>
<b>12:55 – 1:25 pm</b>	<b>1:25-1:55 pm</b>
RY	CBGC
MAD	BAC
NJBL	GARY
BGCD	TWST
	JG

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