



CAITLIN LEHMANN MEMORIAL MEET 2013

OVER THE TOP starts will be used

WARM-UP ASSIGNMENTS

SESSION 1: CHECK-IN BY 7:40AM: START AT 8:15AM						
WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Group 1						
7:10-7:40AM	CAT	CAT	CAT	CAT/SCAR	SCAR	SCAR
Group 2						
7:40-8:10AM	CBGC	CBGC/SKYY	SKYY	TWST	TWST/GARY	ALL OTHERS
SESSION 2: CHECK-IN BY 1:05PM : START AT 1:40PM						
WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Group 1						
12:35-1:05PM	CAT	CAT	CAT	CBGC	CBGC	RHSC
Group 2						
1:05-1:35PM	TWST	TWST/GARY	GARY	EAG	LIAC	ALL OTHERS

TIMING ASSIGNMENTS

You are responsible for your lane for the entire session.

Please provide your own stopwatches!

SESSION 1		SESSION 2	
Lane 1	SCAR	Lane 1	CBGC
Lane 2	CBGC	Lane 2	TWST
Lane 3	SKYY	Lane 3	GAARY
Lane 4	TWST	Lane 4	EAG
Lane 5	GARY	Lane 5	LIAC
Lane 6	EAG	Lane 6	RHSC
Alternates:	RHSC	Alternates:	SABY