

## Agathe Marten Memorial 2024 Warm Up Assignments

Saturday Session 1- Warm Up times 8am to 9am  
Start Time: 9:10am

Group A	Group B
8am – 8:30am	8:30am – 9:00am
SCAR 1,2,3	CBGC 1,2,3
SCAR/ACE 4	STAR 4
EAG 5,6	LIFE 5
	TWST/JG 6

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

Saturday Session 2 - Warm Up 11:10am to 11:40am  
Start Time: 11:50am

Group A
11:10am – 11:40am
CBGC 1,2,3
STAR 4,5
EAG 6

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

Saturday Session 3 - Warm Up 1pm to 2pm  
Meet Start Time: 2:10pm

Group A	Group B
1:00pm - 1:30pm	1:30pm – 2:00pm
CBGC 1,2	SCAR 1,2
CBGC/STAR 3	SCAR/JG/EAG 3,4
LIFE/ACE 5,6	EAG/TWST 5,6

Sunday Session 4 - Warm Up 7:20am to 8:20am  
 Meet Start Time: 8:30am

Group A	Group B	Group C
7:20am-7:40am	7:40am-8:00am	8:00am-8:20am
LIFE 1,2,3	SCAR 1,2,3,4	JG/RSA 1,2,3
TWST 4,5	CBGC 4,5	STAR 5
SWST 6	EAG 6	ACE/WWAT 6

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

Sunday Session 5 - Warm Up 10:50am to 11:50am  
 Meet Start Time: 12:00pm

Group A	Group B
10:50am-11:20am	11:20am-11:50am
TWST/STAR/ACE 1,2	SCAR 1,2,3
EAG/ OPEN 3,4	CBGC/SWST/WWAT 4,5,6
LIFE/JG 5,6	

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

Sunday Session 6 - Warm Up 2:10pm to 3:10pm  
 Meet Start Time: 3:20pm

Group A	Group B
2:10pm-2:40pm	2:40pm-3:10pm
ACE 1	LIFE/STAR 1
CBGC 2,3	TWST/WWAT 2,3
EAG 4,5	SCAR 4,5,6
SWST 6	

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