

CAC Fall Sprint Challenge

October 6, 2007

Warm-up Assignments

Practice Period 1 10:00 AM-11:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC	CAC

T2, S1, S2, National

Warm-up Period 2 11:30 AM-12:15 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CAC	CAC	CAC	CAC	CAC	CAC

T1, A3, A2, A1

Warm-up Period 3 12:15 PM-1:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SFF	SFF	SFF	MHSW	MHSW	MHSW

One Way Sprints 1:00 PM-1:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SFF	SFF	CAC	CAC	MHSW	MHSW

Session Starts at 1:15 PM

Session Ends at approx 5:00 PM