

CAC Pentathlon

October 10, 2009

Warm-up Assignments

AM Session

Warm-up Period 1 6:30 AM-7:00 AM

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

Warm-up Period 2 7:00 AM-7:30 AM

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

Warm-up Period 3 7:30 AM-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
COLA	COLA	SFF	SFF	SFF	SFF
					OHST

One Way Sprints 8:00 AM-8:10 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
COLA	MHSW	SFF	MAST	OHST	CAC
				CAC	

Session Starts at 8:15 AM

Session Ends at approx 1:00 PM

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Warm-up Assignments

PM Session

Warm-up		Period 1	1:00 PM-1:25 PM			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
MHSW	MHSW	MHSW	CAC	CAC	CAC	
					OHST	

Warm-up		Period 2	1:25 PM-1:50 PM			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
SFF	SFF	SFF	MAST	MAST	COLA	

One Way Sprints			1:50 PM-2:00 PM		
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
SFF	MHSW	CAC	OPEN	MAST	COLA

Session Starts at 2:10 PM

Session Ends at approx 5:45 PM