



## 2008 TYR MidWinter Invitational Warm-Up Assignments

### Session 1 - Friday PM Jan 25th

WarmUp Period 1					5:00 PM - 5:30 PM	56 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	CAC	CAC	CAC	

WarmUp Period 2					5:30 PM - 6:00 PM	55 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
PCY	PCY	PCY	CY	CY & KAC	MAKO & KAC	

One Way Sprints - 6:00 PM - 6:10 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Open W/U	Sprint	Sprint	Sprint	Sprint	Open W/U

**Session Begin: 6:15 PM    Session Ends 9:30 PM**

### Session 2 - Saturday AM Jan 26th

WarmUp Period 1					7:00 AM - 7:25 AM	58 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	CAC	CAC	CAC	

WarmUp Period 2					7:25 AM - 7:50 AM	40 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
KAC	KAC	KAC	MAC	MAC	CAC	

WarmUp Period 3					7:50 AM - 8:15 AM	43 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
PCY	PCY	PCY	MAKO	CY	CY	

One Way Sprints - 8:15 AM - 8:25 AM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

**Session Begin: 8:30 AM    Session Ends 12:25 PM**

### Session 3 - Saturday PM Jan 26th

WarmUp Period 1					12:40 PM - 1:05 PM	56 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	PCY	PCY	PCY	

WarmUp Period 2					1:05 PM - 1:30 PM	58 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
MAC	MAC	MAC & MAKO	KAC	KAC	CY	

One Way Sprints - 1:30 PM - 1:40 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

**Session Begin: 1:45 PM    Session Ends 4:45 PM**



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## Warm-Up Assignments

### Session 4 - Sunday AM Jan 27th

WarmUp Period 1					7:00 AM - 7:25 AM	61 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	CAC	CAC	CAC	

WarmUp Period 2					7:25 AM - 7:50 AM	45 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
KAC	KAC	KAC	MAC	CAC	CAC	

WarmUp Period 3					7:50 AM - 8:15 AM	43 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
PCY	PCY	PCY	CY	CY	MAKO	

One Way Sprints - 8:15 AM - 8:25 AM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

**Session Begin: 8:30 AM    Session Ends 11:45 AM**

### Session 5 - Sunday Mile Jan 27th

Open Warm-ups at 11:45 AM - 12:00 PM

**Session Begin: 12:05 PM    Session Ends 12:25 PM**

### Session 6 - Sunday PM Jan 27th

WarmUp Period 1					12:45 PM - 1:10 PM	51 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
CAC	CAC	CAC	PCY	PCY	PCY	

WarmUp Period 2					1:10 PM - 1:35 PM	48 Athletes
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
MAC	MAC	KAC	KAC	CY	MAKO	

One Way Sprints - 1:35 PM - 1:45 PM					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

**Session Begin: 1:50 PM    Session Ends 4:00 PM**