

CAC Pentathlon

October 27, 2007

Warm-up Assignments

AM Session

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

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

Warm-up Period 2 7:30 AM-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
OHST (15)	MAKOS (9)	MAST (10)	MAST (12)	MHSW (14)	MHSW (15)

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
OHST	MAKOS	MAST	CAC	CAC	MHSW

Session Starts at 8:15 AM

Session Ends at approx 12:10 PM

