

Warm Up Assignments

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
Session 1										
8:10-8:50am	LIFE	SNOW	BWST	NCAP	NCAP	NCAP	NCAP	NCAP	NCAP	Open
Session 2										
12-12:40pm	LIFE	BWST	SNOW	NCAP	NCAP	NCAP	NCAP	NCAP	NCAP	Open