

2019 Polar Penthalon Warm Up Assignments

	1	2	3	4	5	6	7	8
Girls 1- 7:10-7:30am	LIFE	SNOW	SNOW	HAC	BWST	BWST	NCAP Alex	NCAP Alex
Girls 2- 7:30-7:50am	NCAP PG, West	NCAP West	NCAP Tysons	NCAP North, HA	NCAP DS	NCAP CM, AU		
Boys 1- 11:20-11:40pm	LIFE	LIFE	SNOW	SNOW/HAC	HAC	BWST	BWST	NCAP Alex
Boys 2- 11:40-12pm	NCAP West	NCAP Tysons	NCAP North	NCAP HA	NCAP DS	NCAP CM, AU		