

Agathe Marten Memorial 2023 Warm up Assignments

Saturday Session 1- Warm Up times 8am to 9am

Start Time: 9:10am

Group A	Group B	Group C
8am – 8:20am	8:20am – 8:40am	8:40am – 9:00am
CAT 1,2	EAG 1,2	CBGC 1,2,3
SCAR 3,4,5	LIFE 3,4,5,6	RY 4
TWST/OPEN 6		SCY 5,6

Sprints will be the last 5 - 10 minutes of each session.

Saturday Session 2 - Warm Up times 12:00pm to

1:00pm

Start Time: 1:10pm

Group A	Group B	Group C
12:00pm – 12:20 pm	12:20pm - 12:40pm	12:40pm - 1:00pm
EAG/TWST 1,2,3	CBGC 1,2,3	LIFE 1,2,3,4,5
RY/SCY 4,5,6	SCAR 4,5,6	CAT 1

Sprints will be the last 5 - 10 minutes of each session.

Sunday Session 3 - Warm Up times 6:25am to
7:25am
Meet Start Time: 7:35am

Group A	Group B	Group C
6:25am-6:45am	6:45am-7:05am	7:05am-7:25am
CAT/RSA 1,2,3	CBGC /TWST 1,2	LIFE 1,2,3,4
RY 4,5	SCAR 3,4,5	EAG/SCY 5,6
STAR 6	SWST 6	

Sprints will be the last 5 - 10 minutes of each session.

Sunday Session 4 - Warm Up times 10:20am to
11:20am
Meet Start Time: 11:30am

Group A	Group B	Group C
10:20am-10:40am	10:40am-11:00am	11:00am-11:20am
LIFE 1,2,3,4	SCAR 1,2,3	CAT 1,2
RY/TWST 5,6	SCY 4,5	CBGC 3,4
	STAR 6	SWST 5
		EAG 6

Sprints will be the last 5 - 10 minutes of each session.

Sunday Session 5 - Warm Up 2:15 pm to 3:15pm
Meet Start Time: 3:20pm

Group A	Group B	Group C
2:15pm-2:35pm	2:35pm-2:55pm	2:55pm-3:15pm
EAG 1,2	CBGC 1,2,3	SCAR 1,2
LIFE 3,4,5,6	SWST 4	RY/STAR 3,4,5
	SCY 5,6	TWST 6

Sprints will be the last 5 - 10 minutes of each session.