

CAITLIN LEHMANN MEMORIAL MEET 2011
OVER THE TOP starts will be used



WARM-UP ASSIGNMENTS

SESSION 1: 3 WARMUPS								
CHECK-IN BY 7:40AM: START AT 8:15AM								
WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Group 1								
7:00-7:20AM	CAT	CAT	CAT	CAT	CAT	NJW	NJW	RHSC
Group 2								
7:20-7:40AM	PAA	PAA	PAA	PAA	YMID	YMID	CJAC	CJAC
Group 3								
7:40-8:00AM	BAC	BAC	BAC	CBGC	CBGC	SDSC	SDSC	ALL OTHERS
<i>There will be ten minutes of sprints at the end of warmup</i>								
SESSION 2: 3 WARMUPS								
CHECK-IN BY 1:15PM: START AT 1:50PM								
WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Group 1	CAT	CAT	CAT	CAT	NJW	ALL OTHERS		
12:30-12:55								
Group 2	CJAC	CJAC	CJAC	CJAC	SDSC	SDSC	SDSC	
12:55-1:20								
Group 3	PAA	PAA	PAA	PAA	CBGC	CBGC	RHSC	RHSC
1:20-1:45								
<i>Five minutes of sprints are built in to each warmup session</i>								

TIMING ASSIGNMENTS

*You are responsible for your lane for the entire session.
 Please provide your own stopwatches!*

SESSION 1		SESSION 2	
Lane 3	PAA	Lane 3	PAA
Lane 4	NJW	Lane 4	CJAC
Lane 5	BAC	Lane 5	SDSC
Lane 6	CBGC	Lane 6	CBGC
Lane 7	CJAC	Lane 7	RHSC
Lane 8	SDSC	Lane 8	PAA
Alternates:	YMID, RHSC	Alternates:	NJW