

WARM-UP ASSIGNMENTS

Thursday Session 1 // Warm-Up 1500										
LANES	1	2	3	4	5	6	7	8	9	10
	KCB	KCB	LSS	LSS	LA	FAST	TSA	GNST, NWSC	GOAL, WSC, TD	COOL, KA, MAC, MS, NLU
	7	7	5	5	8	8	8	7	6	6

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Friday Session 2 // 12-U // Warm-Up 1 (7:00am-7:30am)										
LANES	1	2	3	4	5	6	7	8	9	10
	LA	LA	FAST	FAST	LSS	EAC, HYSC, ACE	GOAL	GOAL	GNST, MSA, MCV	GNST, MS,SCM
	15	15	15	15	14	7	11	10	10	11

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Friday Session 2 // 12-U // Warm-Up 2 (7:30am-8:00am)										
LANES	1	2	3	4	5	6	7	8	9	10
	KCB	KCB	KCB	TSA	TSS, SABW, TST	KVS, TD, WNYN	KCST, NLU	COOL	WSC, BSSC	WAS, FTLL, UN
	12	12	10	16	10	13	11	12	13	7

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Friday Session 3 // 8-U (12:00-12:30PM)										
LANES	1	2	3	4	5	6	7	8	9	10
	COOL	GNST	KCB	SABW	WSC	LA, ACE	LSS, FTLL	TSS, GOAL	FAST, KVS, MS, TD	WNYN, MCV, NLU, TSA
	10	5	5	5	5	5	5	5	5	5

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Friday Session 4 // 13-O // Warm-Up 1 (1:30-2:10PM)										
LANES	1	2	3	4	5	6	7	8	9	10
	GOAL	GOAL, KVS	TSA	TSA, BSSC, EAC, UN-OK	COOL, SO	WSC, TST	SABW, KCST	MAC, MS	NWSC, LSS	KA, TD
	20	18	20	18	23	23	21	22	20	22

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Friday Session 4 // 13-O // Warm-Up 2 (2:10-2:50PM)										
LANES	1	2	3	4	5	6	7	8	9	10
	KCB	KCB	KCB	KCB, WKSC, MSA	FAST	FAST, WNYN, JCKW	LA	NLU, HYSC, WAS	GNST, ACE	TSS, MCV, SCM
	20	20	20	19	20	20	25	16	21	20

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Saturday Session 5 // 12-U // Warm-Up 1 (7:00am-7:30am)										
LANES	1	2	3	4	5	6	7	8	9	10
	LA	LA	FAST	FAST	LSS	EAC, HYSC, ACE	GOAL	GOAL	GNST	MS, SCM, MAC, NWSC
	17	17	16	16	18	8	11	11	18	6

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Saturday Session 5 // 12-U // Warm-Up 2 (7:30am-8:00am)										
LANES	1	2	3	4	5	6	7	8	9	10
	KCB	KCB	KCB	TSA	TSS, SABW, TST	KVS, TD, WNYN	KCST, NLU	COOL	WSC, BSSC	KCAC, WAS, FTLL, UN
	13	13	12	18	18	16	12	16	18	9

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Saturday Session 6 // 13-O // Warm-Up 1 (12:15-1:00PM)										
LANES	1	2	3	4	5	6	7	8	9	10
	GOAL	GOAL, KVS	TSA	TSA, BSSC, EAC	COOL, SO, UN-OK	WSC, TST	SABW, KCST	MAC, MS	NWSC, LSS	KA, TD
	20	19	20	21	18	25	17	22	20	20

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Saturday Session 6 // 13-O // Warm-Up 2 (1:00-1:45PM)										
LANES	1	2	3	4	5	6	7	8	9	10
	KCB	KCB	KCB	KCB, WKSC, MSA	FAST	FAST, WNYN, JCKW	LA	NLU, HYSC, WAS	GNST, ACE	TSS, MCV, SCM, FTLL, KCAC
	20	20	20	18	25	20	22	23	20	14

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Sunday Session 7 // 12-U // Warm-Up 1 (7:00am-7:30am)										
LANES	1	2	3	4	5	6	7	8	9	10
	LA	LA	FAST	FAST	LSS	EAC, HYSC, ACE	GOAL	GOAL	GNST	MS, SCM, MAC, MCV
	17	16	16	16	18	8	12	11	17	7

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Sunday Session 7 // 12-U // Warm-Up 2 (7:30am-8:00am)										
LANES	1	2	3	4	5	6	7	8	9	10
	KCB	KCB	KCB	TSA	TSS, SABW, TST	KVS, TD, WNYN	KCST, NLU	COOL	WSC, BSSC	KCAC, WAS, FTLL, UN
	15	15	15	17	15	15	10	13	12	8

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Sunday Session 8 // 13-O // Warm-Up 1 (12:15-1:00PM)										
	1	2	3	4	5	6	7	8	9	10
LANES	1	2	3	4	5	6	7	8	9	10
	GOAL	GOAL, KVS	TSA	TSA	COOL, SO, UN-OK	WSC, TST	SABW, KCST	MAC, MS	LSS, BSSC, EAC	KA, TD
	20	17	20	19	14	21	22	21	11	20

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Sunday Session 8 // 13-O // Warm-Up 2 (1:00-1:45PM)										
	1	2	3	4	5	6	7	8	9	10
LANES	1	2	3	4	5	6	7	8	9	10
	KCB	KCB	KCB	KCB, WKSC	FAST	FAST, WNYN, JCKW	LA	NLU, HYSC, WAS	GNST, ACE	TSS, MCV, SCM, FTLL, KCAC
	20	20	20	13	21	20	23	16	16	13

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