

CRA Prelim Final Meet - December 8-11, 2022

Team Warm-Up Assignments

Thursday December 8, 2022 Warm Up - 4:30-5:25 PM, Start 5:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
All Lanes General Warm Up												

Teams may conduct one-way sprints in their assigned lanes at the concurrence of all teams assigned to the lane

CRA Prelim Final Meet - December 8-11, 2022

Team Warm-Up Assignments

Friday December 9, 2022, 13 & Over Prelims Session- Warm-Ups 7:00-7:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
WHAT	WHAT	LEHY	BYB	BYB	RWYS	RWYS	RWYS	CRA	CRA	CRA	CRA	CRA
							SSYS					

Friday December 9, 2022, 13 & Over Prelims Session- Warm-Ups 7:30-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
EAST	EAST	EAST	EAST	EAST	YFD	YFD	YFD	YFD	CFJV	STRM	ZEUS	ZEUS

Friday December 9, 2022, 13 & Over Prelims Session, Warm-Ups 8:00-8:25 AM, Meet Start at 8:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
LIE	LIE	LIE	LIE	LIE	YMID	CDOG	CDOG	CDOG	CDOG	SSAC	SSAC	SSAC
					AA							

Friday December 9, 2022, 12 & Unders Prelims Session, Warm-Ups 12:00-12:20PM, Meet Start at 12:25PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
CRA	CRA	YFD	YFD	YFD	SSAC	SSAC	EAST	EAST	LIE	ZEUS	CFJV	STRM
		SSYS				ONE		LEHY			BYB	WHAT
												AA

Friday December 9, 2022, Finals, General Warm-Ups 4:30-5:55PM, Meet Start at 6:00PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13

Teams may conduct one-way sprints in their assigned lanes at the concurrence of all teams assigned to the lane

CRA Prelim Final Meet - December 8-11, 2022

Team Warm-Up Assignments

Saturday December 10, 2022, 13 & Over Prelims Session- Warm-Ups 7:00-7:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
LIE	LIE	LIE	LIE	LIE	YMID	CDOG	CDOG	CDOG	CDOG	SSAC	SSAC	SSAC
					AA							

Saturday December 10, 2022, 13 & Over Prelims Session- Warm-Ups 7:30-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
WHAT	WHAT	LEHY	BYB	BYB	RWYS	RWYS	RWYS	CRA	CRA	CRA	CRA	CRA
							SSYS					

Saturday December 10, 2022, 13 & Over Prelims Session- Warm-Ups 8:00-8:25 AM, Meet Start at 8:30AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
EAST	EAST	EAST	EAST	EAST	YFD	YFD	YFD	YFD	CFJV	STRM	ZEUS	ZEUS

Saturday December 10, 2022, 12 & Under Prelims Session, Warm-Ups 12:15-12:35 PM, Meet Start 12:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
ZEUS	SSAC	SSAC	YFD	YFD	YFD	LIE	CFJV	EAST	EAST	CRA	CRA	LEHY
		ONE				WHAT	BYB	STRM			SSYS	AA

Saturday December 11, 2022 Finals, Warm-Ups 4:30-5:55 PM, Meet Start 6:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13

Teams may conduct one-way sprints in their assigned lanes at the concurrence of all teams assigned to the lane

CRA Prelim Final Meet - December 8-11, 2022

Team Warm-Up Assignments

Sunday December 11, 2022, 13 & Over Prelims Session- Warm-Ups 7:00-7:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
EAST	EAST	EAST	EAST	EAST	YFD	YFD	YFD	YFD	CFJV	STRM	ZEUS	ZEUS

Sunday December 11, 2022, 13 & Over Prelims Session- Warm-Ups 7:30-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
LIE	LIE	LIE	LIE	LIE	YMID	CDOG	CDOG	CDOG	CDOG	SSAC	SSAC	SSAC
					AA							

Sunday December 11, 2022, 13 & Over Prelims Session- Warm-Ups 8:00-8:25 AM, Meet Start at 8:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
WHAT	WHAT	LEHY	BYB	BYB	RWYS	RWYS	RWYS	CRA	CRA	CRA	CRA	CRA
							SSYS					

Sunday December 11, 2022, 12 & Under Prelims Session, Warm-Ups 1:15-1:35 PM, Meet Start 1:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
LIE	STRM	BYB	ZEUS	CRA	CRA	EAST	EAST	SSAC	SSAC	YFD	YFD	YFD
AA	WHAT	LEHY	ONE	CFJV	CFJV	SSYS	SSYS					

Sunday December 11, 2022 Finals, Warm-Ups 4:30-5:55 PM, Meet Start 6:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
All Lanes General Warm Up												

Teams may conduct one-way sprints in their assigned lanes at the concurrence of all teams assigned to the lane

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