

HRA SPRING OPEN

Warm-up Assignments

FRIDAY: General Warm Up 5-5:50pm. 6pm Start

SATURDAY & SUNDAY AM Sessions

MEET START TIME: 8:00AM

6:50 – 7:10 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ACES	ACES	ACES	ACES	ACES	ACES	ACES	ACES

7:10 – 7:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HRA	HRA	HRA	HRA	CASTLE ROCK	CASTLE ROCK	CASTLE ROCK	CRST

7:30 – 7:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FAST	FAST	FAST	WOOD	WOOD	RACE	NFSC	OPEN

SATURDAY & SUNDAY PM Sessions

MEET START TIME: 12:00PM

11:10 – 11:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ACES	ACES	ACES	ACES	HRA	HRA	HRA/ WOOD	CRST/ NFSC

11:35 – 12:00PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FAST	FAST	FAST	RACE	RACE	RACE	CASTLE ROCK	CASTLE ROCK/RPDS