

2010 SILVER STATE WARM-UP LANE ASSIGNMENTS

3 x 25 minute Assigned Warm-Ups

Open Specific Warm-up from 9-9:10am each day

SPECIFIC: North One-Way Starts in 1,2,3,6,7,8 South End= One-Way Starts 1,2,3,6,7

Meet Start 9:20 am

North End

Friday Feb 26- 7:45-8:10 AM

South End

Saturday Feb 27- 8:10-8:35 AM

Sunday Feb 28- 8:35-9 AM

1	2	3	4	5	6	7	8	0	1	2	3	4	5	6	7	8	9
BLDR	ROCK	EVER	EVER	CSST	CMA	STAR	STAR	MACS	MACS	NFSC	V-7	NJ	FLFN	FLFN	TOPS	TOPS	TOPS
		ROCK								ASP	SMST				PCST		

North End

Friday Feb 26- 8:10-8:35 AM

South End

Saturday Feb 27- 8:35-9 AM

Sunday Feb 28- 7:45-8:10 AM

1	2	3	4	5	6	7	8	0	1	2	3	4	5	6	7	8	9
HRA	HRA	AQUA	RACE	CUDA	EPSC	CAC	CAC	RMT	RMT	RIP	DD	LBSC	VOTX	ACES	ACES	ACES	ACES
					DOGS					BB	GJD	ATST	RPDS				

North End

Friday Feb 26- 8:35-9 AM

South End

Saturday Feb 27- 7:45-8:10 AM

Sunday Feb 28- 8:10-8:35 AM

1	2	3	4	5	6	7	8	0	1	2	3	4	5	6	7	8	9
WOOD	FST	FST	SOPR	MM	CMA	GTS	GTS	DSA	DSA	PARK	CT	LONG	WAVE	FAST	FAST	FAST	FAST
	WOOD			DTST	FAC					CRST	PSC	CSA					
					PWSC							SOCO					