



MB FEBRUARY SPRINTS
Sunday, February 12, 2012

WARM-UP ASSIGNMENTS

SESSION 1: 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 7:10AM	MB	MB	MB	TAC	TAC	CJAC	CJAC	RBY/NJBL
Group 2 7:40AM	NJRC	PTAC	BB	CCC	FOBY	EEX	TWST	WAVE

SESSION 2: CHECK-IN BY NOON: START AT 12:35PM								
WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Group 1 11:30AM	MB	MB	TAC	TAC	NJRC	NJRC	RBY	RBY
Group 2 12:00PM	PTAC	CJAC	FOBY	BB	CCC	TWST	ALL OTHERS	

SESSION 3: CHECK-IN BY 3:45PM: START AT 4:20PM								
WARM-UP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Group 1 3:15PM	MB	MB	MB	MB	BB	BB	NJRC	NJRC
Group 2 3:45PM	NJBL	PTAC	TWST	CJAC	CCC	CCC	ALL OTHERS	

TIMING ASSIGNMENTS

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

SESSION 1	SESSION 2	SESSION 3
Lane 1 MB/TAC	Lane 1 MB/TWST	Lane 1 MB/NJRC
Lane 2 MB/CJAC	Lane 2 MB/CCC	Lane 2 MB/BB
Lane 3 MB/NJRC	Lane 3 MB/BB	Lane 3 MB/CCC
Lane 4 MB/BB	Lane 4 MB/FOBY	Lane 4 MB/NJBL
Lane 5 MB/CCC	Lane 5 MB/CJAC	Lane 5 MB/PTAC
Lane 6 MB/FOBY	Lane 6 MB/PTAC	Lane 6 MB/TWST
Lane 7 MB/EEX	Lane 7 MB/RBY	Lane 7 MB/CJAC
Lane 8 MB/TWST	Lane 8 MB/NJRC	Lane 8 MB/BB
Alternates: WAVE, RBY	Alternates: TAC, EEX	Alternates: NJRC/RBY

