

WARM UPS
SATURDAY A.M.
STARTS/ SPRINTS 8:10-8:20

SESSION #1 7:20-7:45

1. HOP
2. HOP
3. WEST
4. WEST 7 RAYS NRTS
5. NHCP WARS
6. BDOG SSC
7. MTKA
8. MTKA

SESSION #2 7:45-8:10

1. FOXJ
2. FOXJ
3. MONC GCA LWAV TWIN WAVE
4. MANTA SHRK NUSC
5. NSAC
6. NSAC HASA
7. M3F HUT
8. M3F