

Warm-ups NHA Oct. 16 & 17, 2021

NOTE: There will be 3 20 minute warm ups

Saturday AM session 7:30 – 7:50 AM	NHA, PRA, SASC, RGSY, RXA
Saturday AM session 7:50 – 8:10 AM	ANSC, MMSA
Saturday AM session 8:10 - 8:30 AM	WAAC, STEE, 3RVS, GPAC, CSC
Saturday AM meet start 8:35 AM	
Saturday PM Distance 12:30 – 1:30 Open warm ups 1:35 start	NHA, STEE, PRA, RGSY, NAC, RXA
Sunday AM session 7:30 – 7:50 AM	NHA, PRA, SASC, RGSY, RXA
Sunday AM Session 7:50 – 8:10 AM	ANSC, MMSA
Sunday AM session 8:10 - 8:30	WAAC, STEE, 3RVS, GPAC, CSC
Sunday AM meet start time 8:35 AM	
Sunday PM Distance 12:30 -1:30 Open warm ups 1:35 start	PRA, STEE, NHA, RGSY, CSC, GPAC, MMSA, NAC, ANSC, RXA