

WHAT warm ups for Nov. 20 & 21, 2021

NOTE: Please read all information on covid in the meet invitation.

If you have not sent your check please do not send it, have the coach bring it to the meet and give it to me at the timing desk. Do not give your check to anyone else at the meet. Thanks

Saturday AM session 7:30 – 8:00 AM	WHAT, FAST, MMSA
Saturday AM session 8:00 – 8:30 AM	3RVS, CSC, GPAC, HAAC, NAC, SAAT, JCCS
Saturday AM meet start time 8:35 AM	
Saturday AM distance immediately following the end of the AM session 20 Minutes	Open warm ups
Saturday PM session 12:30 – 1:00	WHAT, FAST, MMSA
Saturday PM session 1:00 – 1:30	3RVS, CSC, GPAC, HAAC, NAC, JCCS
Saturday PM start time 1:35	
Saturday PM distance immediately following the PM session 20 Minutes	Open warm ups
Sunday AM session 7:30 - 8:00 AM	WHAT, FAST, MMSA
Sunday AM Session 8:00 – 8:30 AM	3RVS, CSC, GPAC, HAAC, NAC, SAAT, JCCS, PTAC, UNAT
Sunday AM meet start time 8:35 AM	
Sunday AM distance immediately following the AM session 20 Minutes	Open warm ups
Sunday PM session 12:30 – 1:00	WHAT, FAST, MMSA
Sunday PM session 1:00 – 1:30	3RVS, CSC, GPAC, HAAC, NAC, JCCS, GJY, PTAC, UNAT
Sunday PM start time 1:35	
Sunday PM distance immediately following the PM session 20 Minutes	Open warm ups