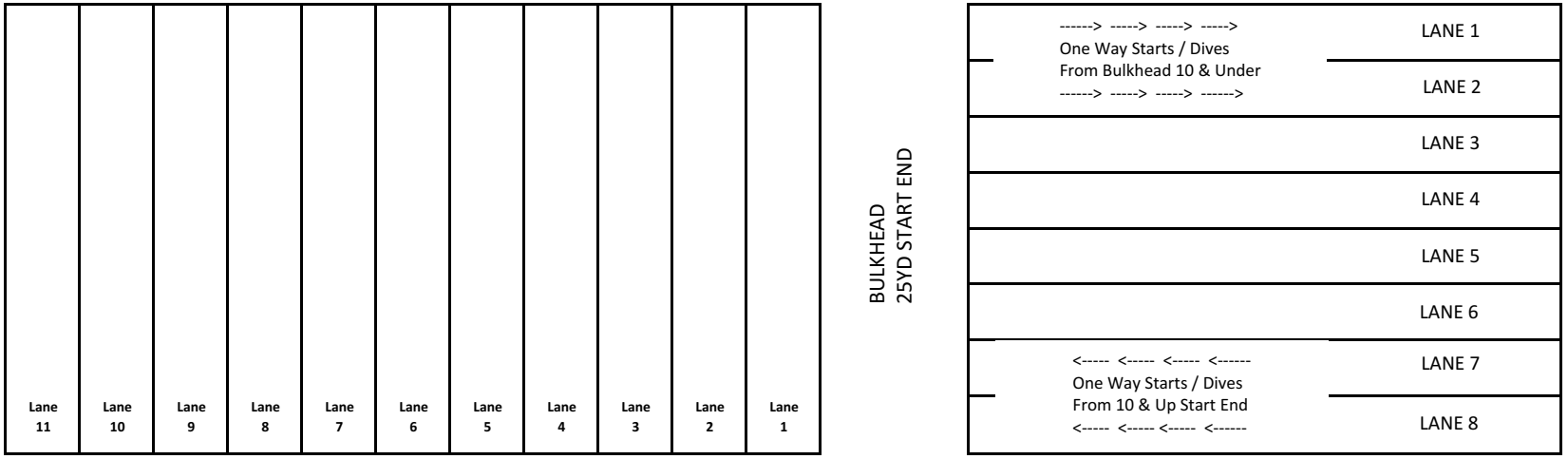
2019 PI WARMUP ASSIGNMENTS

DAY 1 - SATURDAY JUNE 29TH, 2019



1st Warmup Session 7:00am - 7:25am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
PF	JVS	JVS	WALD	WALD	ESST	ESST	NHN	NHN	COLE	COLE	WOR	WOR	IOST	IOST

2nd Warmup Session 7:25am - 7:50am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
NORP	TWNL	WNDR	SMW	BMST	WLW	WLW	BRLD	BRLD	STG	STG	FF	FF	FCR	FCR
						CPS		TNW		CLC	BFST			TTS

3rd Warmup Session 7:50am - 8:15am

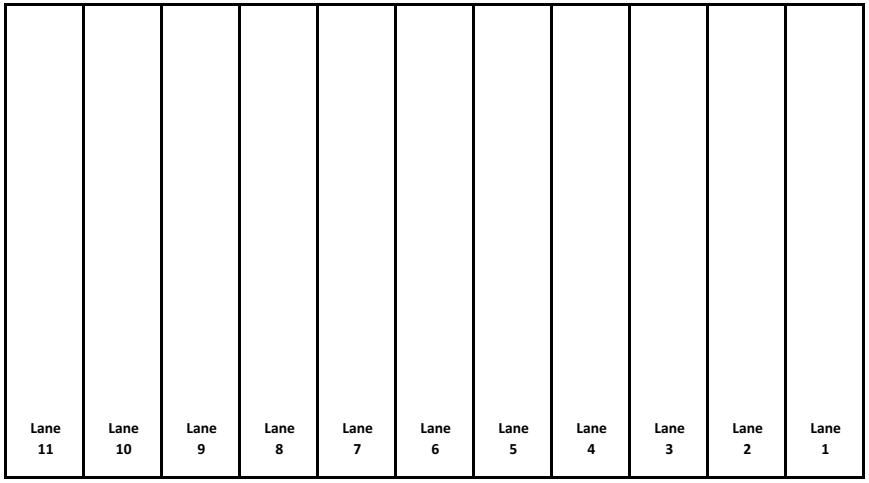
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
SCST	FOST	SHEN	FMKP	SCO	ORN	SCR	MBW	RS	BB	GLF	WLH	WLH	DFV	DFV
HWD	NSST	LIV	WIMB	OCV	SCF	WIN	RAVE				CHRC			BREN

4TH Warmup Session 8:15am - 8:40am

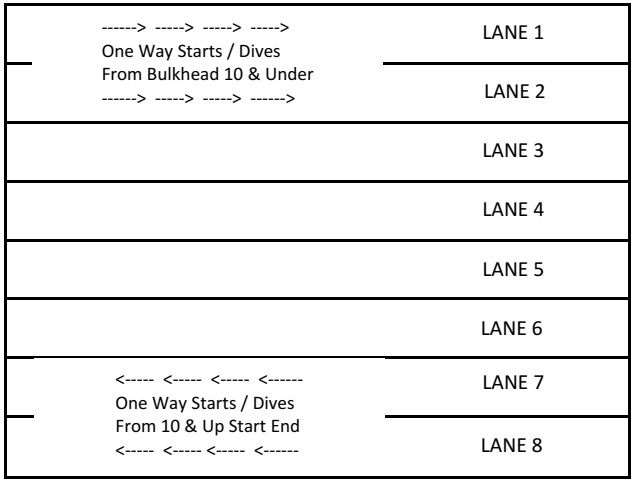
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
NPT	KWD	HST	GTR	WLM	WIE	WLR	STC	HVL	KNGR	GWF	COPP	BRY	BSST	TOM
LWF	FCST	CGC	CBST	LOE	CYPR	CLE	GLEN	COLS	MNW	TVG	VGO	WHST	HMR	CYM
RVX	PWF	NAV	LDLB	EMC	CYP	CYC	BCB							

2019 PI WARMUP ASSIGNMENTS

DAY 2 - SUNDAY JUNE 30TH, 2019



BULKHEAD
25YD START END



1st Warmup Session 7:00am - 7:25am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
PF	STG	STG	FF	FF	ESST	ESST	NHN	NHN	COLE	COLE	WOR	WOR	IOST	IOST
JVS	JVS													

2nd Warmup Session 7:25am - 7:50am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
NORP	TWNL	WNDR	SMW	BMST	WLH	BB	BRLD	BRLD	GLF	DFV	WLW	WLW	FCR	FCR
				BFST			STC				WLR			NSST
														NPT

3rd Warmup Session 7:50am - 8:15am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
CYM	WIE	SHEN	KNGR	COPP	BSST	WALD	TOM	SCO	BRY	MBW	FOST	SCR	RS	ORN
FMKP	BCB	MNW	TNW	WHST	WLM	OCV	RVX	VGO	WIMB		TVG	WIN		TTS

4TH Warmup Session 8:15am - 8:40am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
CLC	CHCR	LIV	KWD	CPS	CYP	CYC	NAV	HST	GTR	CYPR	BREN	LWF	GLEN	COLS
CBST	EMC	FCST	GWF	LOE	PWF	SCF	HWD	NOR	RAVE	LDLB	CLE	SCST	HMR	HVL