

WARMUP ASSIGNMENTS
Class 4A District 1
Friday, October 29, 2021

A WARMUP	8:30-9:00 AM
Creekside	Lanes 0-4
Mandarin	Lanes 5-9
Nease	Lanes 10-14
Atlantic Coast	Lanes 15-19

B WARMUP	9:00-9:30 AM
Bartram Trail	Lanes 0-4
Buchholz	Lanes 5-9
Oakleaf	Lanes 10-13
Flagler Palm Coast	Lanes 14-16
Sandalwood	Lanes 17-19

C WARMUP	9:30-9:50 AM
Lane 0	Return Lane for One-Way Sprinting
Lanes 1-10	One-Way Sprinting
Lanes 11-19	General Warmup (until 10:00 am and then through meet)

NOTES:

- All teams are asked to arrive by 8:15 am to avoid traffic delays heading towards Ponte Vedra High School.
- The Coaches/Captains meeting will be held at 8:15 am in the Hospitality Room. Boys and Girls captains are invited to attend.
- All schools will be assigned specific team areas on deck. Shade tents are provided for all teams.
- Lane 0 is the first lane next to the Starter. It has no block.
- Lanes 1-10 are marked on their respective blocks.
- Lanes 11-19 marked with laminated signs.
- Teams are asked to be aware of their start/finish times and respectful of other teams.
- Warmup lanes will be available throughout the course of the meet.