

4A District 1

Warm Up Assignments

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Atlantic Coast	Atlantic Coast	Atlantic Coast	Bartram Trail	Bartram Trail	Bartram Trail	Buchholz	Buchholz	Buchholz	Creekside	Creekside	Creekside	Flagler	Flagler	Sandalwood / Flagler	Sandalwood	Sandalwood	Mandarin	Mandarin	Mandarin

You will have access to your lanes from 10:15-11:05.

From 11:10-11:20 lanes 1-8 will be used for one way sprint starts.

Lanes 9-10 will be reserved for pace lanes.

All other lanes will be available for continued general warm up.

Above warm up schedule was devised using athlete entry totals.