

2025 Spring Blast Off

~ Warmup assignments ~

FRIDAY PM

Warmups 4:45-5:40pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
GSC/ HPAC	YWFF/ WSO	PAC	FOX	RISE	NU	WILD	WILD

SATURDAY & SUNDAY AM

Warmups 7-7:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
HPAC/ SCT/RISE	WSO/ YWFF	GSC	PAC	FOX	FOX	WILD	WILD

SATURDAY & SUNDAY MID-DAY

Warmups 10:15-11:10am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
HPAC/ SCT	GSC/ WSO	YWFF	RISE	PAC	FOX	WILD	WILD

SATURDAY & SUNDAY PM

Warmups 3:15-4:10pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
YWFF/ GSC	HPAC/ WSO	PAC	RISE	FOX	NU	WILD	WILD