

## 2018 CVSL Championships Warm-up Times and Lane Assignments

Teams should do sprints in their own lanes during their assigned warm-up periods.

### Friday PM

	3:00-3:20	3:20-3:40	3:40-4:00
<b>Lane 1</b>	BTC	BCC	STA
<b>Lane 2</b>	BTC	BCC	MIDD
<b>Lane 3</b>	BTC	EDGE	VST
<b>Lane 4</b>	TEST	EDGE	VST
<b>Lane 5</b>	TEST	EDGE	WIN
<b>Lane 6</b>	TEST	EDGE	WIN

### Saturday AM

	7:00-7:20	7:20-7:40	7:40-8:00
<b>Lane 1</b>	TEST	EDGE	VST
<b>Lane 2</b>	TEST	EDGE	VST
<b>Lane 3</b>	TEST	EDGE	VST
<b>Lane 4</b>	BCC	BTC	STA
<b>Lane 5</b>	BCC	BTC	STA
<b>Lane 6</b>	WIN	BTC	MIDD

### Saturday PM

	12:00-12:20	12:20-12:40	12:40-1:00
<b>Lane 1</b>	BCC	STA	BTC
<b>Lane 2</b>	BCC	STA	BTC
<b>Lane 3</b>	MIDD	WIN	BTC
<b>Lane 4</b>	EDGE	VST	TEST
<b>Lane 5</b>	EDGE	VST	TEST
<b>Lane 6</b>	EDGE	VST	TEST