

Warm-up Schedule

Friday July 28, 2023

5:15 - 5:45 OPEN WARM UP

	1	2	3	4	5	6	7	8
STARTS								

SATURDAY JULY 29, 2023

7:00 AM COACHES MEETING 7:15 AM START

Time	1	2	3	4	5	6	7	8
5:45 TO 6:00	DCC	KCSC	KCSC	BC	GRST	CKST	PCST	GVR
6:00 TO 6:15	EAST	EAST	STING	GMST	HH	NFG	SKY	SKY
6:15 TO 6:30	CHCC RWH	5P	5P	KF PINE	SCCA	SCCA	VG GEN	MVCC BHST
6:30 TO 6:45	AKST	VVST	VVST	VVST	MRAYS	MRAYS	GOLD	WAVES VCC RHCC SC LCC
6:45 TO 7:00	STARTS	STARTS	STARTS	CCA CCCSD	RRCC BSB	FLRP RAYS PCC	WSST WRP VC	GLEN AAC

SUNDAY JULY 30, 2023

7:00 AM COACHES MEETING 7:15 AM START

Time	1	2	3	4	5	6	7	8
5:45 TO 6:00	CCCSD BHST	KCSC	KCSC	BC AAC BSB	GRST WSST MVCC	CKST CCA	PCST WRP	GVR WB
6:00 TO 6:15	EAST	EAST	EAST	STING GM	GMST	GMST	VG GEN	NFG
6:15 TO 6:30	RRCC CHCC WRP	5P	5P	KF PW	SCCA	SKY	HH	HH
6:30 TO 6:45	RHCC	VVST	VVST	VVST	VVST	MRAYS	MRAYS	WAVES SC OBV FLRP
6:45 TO 7:00	STARTS	STARTS	STARTS	HILL	GOLD	GOLD	AKST	AKST