

2012 PVS Age Group/ Senior I Warm Up Assignments Lee District

13 & Over Session
Session 1- 6:35- 7:05am
Session 2- 7:05- 7:40am

<i>Club</i>	<i>Lane</i>	<i>Warm Up Session</i>
CURL- BURKE	1,2,3,4	SESSION 1 SESSION 2
MACHINE	5	SESSION 1 SESSION 2
AAC	6	SESSION 1 SESSION 2
SDS	7	SESSION 1
FBST	7	SESSION 2
OCCS	8	SESSION 1
TANK	8	SESSION 2
YORK	8	SESSION 1

11-12 SESSION
ONE SESSION WARM UP
12:45- 1:25PM

<i>Club</i>	<i>Lane</i>	<i>Warm Up Session</i>
CURL- BURKE	1,2,3,4	WHOLE SESSION
MACHINE	5	WHOLE SESSION
AAC	6	WHOLE SESSION
FBST	6	WHOLE SESSION
TANK	7	WHOLE SESSION
YORK	7	WHOLE SESSION
MAKO	8	WHOLE SESSION
OCCS	8	WHOLE SESSION
SDS	8	WHOLE SESSION

10 & UNDER SESSION
ONE SESSION WARM UP
4:45- 5:25PM

<i>Club</i>	<i>Lane</i>	<i>Warm Up Session</i>
CURL- BURKE	1,2,3,4	WHOLE SESSION
MACHINE	5	WHOLE SESSION
AAC	6	WHOLE SESSION
FBST	6	WHOLE SESSION
TANK	7	WHOLE SESSION
YORK	7	WHOLE SESSION
MAKO	8	WHOLE SESSION
OCCS	8	WHOLE SESSION
SDS	8	WHOLE SESSION