



2023 ATST All or Nothing LCM  
Specialty Meet



Warm Up Assignments

## Friday Distance - Warm Up 1

4:00-4:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warmup: All Lanes					

## Friday Distance - Warm Up 2

4:40-4:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
One Way Sprints			General		



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Warm Up Assignments

**Saturday 13&Over - Warm Up 1**

7:45-8:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST

**Saturday 13&Over - Warm Up 2**

8:05-8:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HYV	HYV	PHX	PHX	WEST	KASC
					CRA



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Warm Up Assignments

## Saturday Distance - Warm Up 1

11:30-11:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warmup: All Lanes					

## Saturday Distance - Warm Up 2

11:45-11:55 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
One Way Sprints			General		



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Warm Up Assignments

**Saturday 12&Over – Warm Up 1**

12:45-1:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST

**Saturday 12&Over – Warm Up 2**

1:05-1:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HYV	HYV	BGSC	WEST	WEST	KASC
					PHX



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**Warm Up Assignments**

**Sunday 13&Over - Warm Up 1**

7:45-8:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HYV	HYV	HYV	PHX	PHX	WEST
		PHX			

**Sunday 13&Over - Warm Up 2**

8:05-8:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	KASC
					CRA



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Warm Up Assignments

## Sunday Distance - Warm Up 1

11:30-11:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warmup: All Lanes					

## Sunday Distance - Warm Up 2

11:45-11:55 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
One Way Sprints			General		



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Warm Up Assignments

Sunday 12&Over – Warm Up 1

1:15-1:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
BGSC	BGSC	WEST	HYV	HYV	HYV
KASC	WEST				
PHX					

Sunday 12&Over – Warm Up 2

1:35-1:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST