

STAR Swim Team



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2008 WINTER CARNIVAL A/B/C OPEN MEET WARM-UP ASSIGNMENTS

SATURDAY – MORNING

GROUP 1 – 6:50-7:15 AM

AQUAJETS
STAR
OMNI
RICHFIELD
UNA

SPRINTS – 6 LANES 7:40-7:50
COACHES MEETING 7:50 AM

GROUP 2 – 7:15-7:40 AM

NSAC
HUDSON
HOPKINS
MCA
ST. CROIX
MENOMONIE

SATURDAY – PM

GROUP 1 – FIRST 25 MINUTES

AQUAJETS
STAR
OMNI
RICHFIELD

SPRINTS – 6 LANES / 10 MINUTES

GROUP 2 – SECOND 25 MINUTES

NSAC
ST. CROIX
HOPKINS
MENOMONIE
HUDSON
MCA

SUNDAY – MORNING

GROUP 1 – 6:50-7:15 AM

NSAC
STAR
HOPKINS
HUDSON

SPRINTS – 6 LANES 7:40-7:50

GROUP 2 – 7:15-7:40 AM

AQUAJETS
ST. CROIX
OMNI
RICHFIELD
MCA
MENOMONIE
UNA

SUNDAY – PM

GROUP 1 – FIRST 25 MINUTES

NSAC
STAR
ST. CROIX

SPRINTS – 6 LANES / 10 MINUTES

GROUP 2 – SECOND 25 MINUTES

AQUAJETS
HOPKINS
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MENOMONIE
MCA
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