

## GBSA LCQ 2012

### Warm-up Schedule

Friday evening:

Lane	1	2	3	4	5	6	7	8
3:45-4:10	RAC	RAC/ACA	NAAC	CAA	MAC	MAC/CGA	SMAC/CBAC	HUHU/CATS/CATY/MSCHOCO
4:10-4:35	GBSA	GBSA	GBSA/FAST	NBAC	NBAC	NBAC/SPRC	EST	EST/LBA
4:35-4:55	PACE	PACE	STARTS	12+u	12+U	STARTS	PACE	PACE

Saturday Morning (goal of 15-16 per lane):

Time	1	2	3	4	5	6	7	8
630-655	GBSA	GBSA	GBSA	GBSA	GBSA	GBSA	OPEN	OPEN
655-720	RAC	RAC/MAS	EST	EST	EST/MPSC	CAA	CAA/CGA/UNAT	MSC/HOCO
720-745	MAC	MAC/FAST	HUHU/GMAC	SPRC	SPRC/NAAC/FSC	LBA	LBA/SMAC	JCC/RAID/CBAC
745-755	OPEN	OPEN	STARTS	STARTS	STARTS	STARTS	OPEN	OPEN

Saturday Afternoon (goal 12-13 per lane):

Time	1	2	3	4	5	6	7	8
11:50AM-12:15PM	CAA	CAA	CAA/ RAC	RAC	RAC/ HUHU	HUHU/ CGA	CGA/ LBA	NBAC
12:15-12:40	RAID/ UN/ MPSC/ JCC	SMAC/ FSC/ NAAC	NAAC/ SPRC	SPRC	MAC	MAC/ FAST	FAST/ HOCO	HOCO
12:40-1:05	GBSA	GBSA	GBSA	GBSA	EST	EST	CBAC/ MSC	MAS
1:05-1:13	PACE	OPEN	STARTS	STARTS	STARTS	OPEN	OPEN	PACE

Sunday Morning (goal of 15 per lane):

Time	1	2	3	4	5	6	7	8
630-655	GBSA	GBSA	GBSA	GBSA	GBSA	GBSA	EST	CAA
655-720	EST	EST/ HOCO	LBA	LBA/ CGA	HUHU	SPRC	SPRC/ MSC	MSC/ CAA
720-745	RAC	RAC/ RAID	CBAC/ JCC	MAC	MAC/ SMAC	SMAC/ MAS	NAAC/ FSC	FAST/ MPSC/ UNAT
745-755	OPEN	OPEN	STARTS	STARTS	STARTS	STARTS	OPEN	OPEN

Sunday Afternoon (goal of 14-15):

Time	1	2	3	4	5	6	7	8
<b>11:35AM-12NOON</b>	SPRC	SPRC/ MPSC/ RAID	HOCO	HUHU	FSC/ CGA	CGA/ MSC	MSC/ NBAC	UNAT/ JCC/ CAST
12-1225	CAA	CAA	FAST	FAST/ SMAC	MAC	MAC/ MAS	NAAC/ LBA	LBA
12:25-1250	GBSA	GBSA	GBSA	GBSA	GBSA/ RAC	RAC	EST	EST
1250-1258	PACE	OPEN	STARTS	STARTS	STARTS	OPEN	OPEN	PACE