

KCST John Lunsford Memorial
11/6/2009 to 11/8/2009
Warm-up Sheet

Friday, Nov. 6

Warm Ups: 5:00 pm - 6:00 pm

Session Starts: 6:10 pm

Time	Lane							
	1	2	3	4	5	6	7	8
5:00 - 6:00	DR	DR	DR	DR	CM	CM	KCST/BSC	KCST/MAST

Sat AM, Nov. 7

Warm Ups: 7:30 am - 8:30 am

Session Starts: 8:40 am

Time	Lane							
	1	2	3	4	5	6	7	8
7:30 - 8:00	DR	DR	DR	DR	DD	KCST	KCST	KCST
8:00 - 8:30	CM	CM	CM	CM	CM	BSC	MAST	MAST

Sat PM, Nov. 7

Warm Ups: 12:00 - 1:00 pm

Session Starts: 1:10 pm

Time	Lane							
	1	2	3	4	5	6	7	8
12:00 - 12:30	DR	DR	DR	DR	KCST	KCST	KCST	KCST
12:30 - 1:00	CM	CM	CM	CM	MAST	MAST	BSC	DD

Sat Mile, Nov. 7

Warm Ups: ~ 5:15 pm - 5:35 pm

Session Starts: ~ 5:35 pm

Time	Lane							
	1	2	3	4	5	6	7	8
5:15 - 5:35	DR	DR	DR	BSC	KCST	KCST	KCST	

Sun AM, Nov. 8

Warm Ups: 7:30 am - 8:30 am

Session Starts: 8:40 am

Time	Lane							
	1	2	3	4	5	6	7	8
7:30 - 8:00	DR	DR	DR	DR	KCST	KCST	KCST	DD
8:00 - 8:30	CM	CM	CM	CM	CM	CM	MAST	BSC

Sun PM, Nov. 8

Warm Ups: 12:00 - 1:00 pm

Session Starts: 1:10 pm

Time	Lane							
	1	2	3	4	5	6	7	8
12:00 - 12:30	DR	DR	DR	DR	KCST	KCST	KCST	KCST
12:30 - 1:00	CM	CM	CM	CM	BSC	MAST	DD	