

Agathe Marten Memorial 2025 Warm up Assignments

Saturday Session 1- Warm Up 7:30am to 9am
Start Time: 9:00am

Group A	Group B	Group C	Group D
7:30am – 7:50am	7:50am – 8:10am	8:10am – 8:30am	8:30am-8:50am
CBGC 1,2,3	SCAR-ELITE 1,2,3,4	SCAR-ELITE 1,2,3	LIFE 1,2,3
STAR 4,5	EAG 5,6	LIFE 4,5,6	TWST, RAC 4
JG 5,6			ACE 5, OPEN 6

Sprints will be the last 5 - 10 minutes of each session.

Saturday Session 2 - Warm Up 12:30pm to 1:30pm
Meet Start Time: 1:55pm

Group A	Group B	Group C
12:45pm - 1:05pm	1:05pm - 1:25pm	1:25pm - 1:45pm
LIFE 1,2,3	CBGC 1,2,3	SCAR-ELITE 1,2
JG 4,5	EAG 4,5	TWST 3,4
ACE 6	RAC 6	STAR 5, OPEN 6

Sunday Session 3 - Warm Up times 7:00am to
8:00am
Meet Start Time: 8:05am

Group A	Group B	Group C
7:00am-7:20am	7:20am-7:40am	7:40am-8:00am
LIFE 1,2,3,4	SCAR-ELITE 1,2,3,4	SCAR 1,2,3
STAR (5,6)	CBGC (5,6)	RAC 3 , JG/ACE 4
		EAG 5 TWST 6

Sprints will be the last 5 - 10 minutes of each session.

Sunday Session 4 -Warm Up times 11:05am to
12:05am
Meet Start Time: 12:10pm

Group A	Group B	Group C
11:05am-11:25am	11:25am-11:45am	11:45am-12:05am
CBGC 1,2	SCAR-ELITE 1,2,3	LIFE 1,2,3,4
TWST 3	STAR 4	SCAR 5
JG 4	EAG 5	OPEN 6
ACE, RAC 5 OPEN 6	OPEN 6	

Sprints will be the last 5 - 10 minutes of each session.

Sunday Session 5 - Warm Up 2:40 pm to 3:40pm
Meet Start Time: 3:45pm

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Group A	Group B	Group C
2:40pm-3:00pm	3:00pm-3:20pm	3:20pm-3:40pm
SCAR-ELITE 1,2	LIFE 1,2,3	CBGC 1,2,3
STAR 3,4	EAG 4,5	JG 4,5
ACE,RAC,SCAR 5 OPEN 6	TWST 6	OPEN 6

Sprints will be the last 5 - 10 minutes of each session.