

2010 Arkansas State Championships

Warm up Schedule

Friday Evening

General Warm-up: 3:45-4:15 p.m.

Specific Warm-up: 4:15-4:35 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NWAA FSTR	HAK JETS BLUE	SPA CASC ATAC	SPA	LRAD SEALS	LRAD	HAWG JCKW	HAWG

Saturday Prelims

First Warm-up: 7:30-8:00 a.m.

Second Warm-up: 8:00-8:30 a.m.

Specific Warm-up: 8:30-8:50 a.m.

Sunday Prelims

First Warm-up: 7:00-7:30 a.m.

Second Warm-up: 7:30-8:00 a.m.

Specific Warm-up: 8:00-8:20 a.m.

First
Warm-up

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NWAA BLUE	NWAA	SPA	SPA	JCKW MST	HAWG SWMO	HAWG	HAWG

Second
Warm-up

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CASC ATAC	CASC	HAK JETS	HAK	SEAL	LRAD FSTR	LRAD	LRAD