Warm Up Schedule

8:00-8:20

Lane 1 Northwest

Lane 2 Northwest

Lane 3 Northwest

Lane 4 Bishop Carroll

Lane 5 Bishop Carroll

Lane 6 Bishop Carroll

8:20-8:40

Lane 1 Southeast

Lane 2 Southeast

Lane 3 Maize

Lane 4 Maize

Lane 5 Maize South

Lane 6 Maize South

8:40-9:00

Lane 1 Newton

Lane 2 Newton

Lane 3 Valley Center

Lane 4 Valley Center

Lane 5 Derby

Lane 6 Derby

9:00-9:20

Lane 1 Salina

Lane 2 Salina

Lane 3 Salina

Lane 4 Salina

Lane 5 Marion

Lane 6 Dodge City

9:20-9:40

Lane 1 Hays

Lane 2 Hays

Lane 3 Liberal

Lane 4 Liberal

Lane 5 Rose Hill

Lane 6 Rose Hill

9:40-9:50

All lanes open for one way sprints