

## 2018 Rolling Hills Warm-up Assignments

### FRIDAY AM

	1	2	3	4	5	6
7:15	RH	RH	RH	RH	RH	HY
7:40	BRST	BRST	MASON	MASON	NLH	NLH
8:05	WAR	LAKY	LH	LAN	***	LIFE

\*\*\*MONT, FBCC, RAYS                      CLEAR POOL 8:30

MEET START 8:30

APPROXIMATE FINISH 12:45

### FRIDAY PM

	1	2	3	4	5	6
1:15	RH	RH	BRST	BRST	NLH	NLH
1:35	MASON	MASON	LAKY	LAKY	WAR	WAR
1:55	LAKY	CM	LIFE	LAN/HY	MONT	MASON/FB

CLEAR POOL 2:15

MEET START 2:15 PM

APPROXIMATE FINISH 6:00 PM

	1	2	3	4	5	6
7:30	RH	RH	RH	RH	RH	RH
7:55	BRST	BRST	NLH	NLH	MASON	LH
8:20	WAR	LAKY	HY	LAN/MONT	OPEN	OPEN

CLEAR POOL 8:45

APPROXIMATE FINISH 11:30 AM

