

WARM UP ASSIGNMENTS  
2022 GNBC October Time Trials

Session 1 – Saturday 10/15/2022

10 – 10:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
JO / HSB / HSA / O Groups					

10:20 – 10:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
Advanced / Junior Groups					

10:40 – 10:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
Beginner / Basic Groups					

Meet starts: 11:00am

# Session 3 – Sunday 10/16/2022

8:30 – 8:50am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
HSB / HSA / O Groups plus these JOs: Quincy, Natalie Go-Go, Eric, Chase, Colby, M'Hamed, Quinn, Breanna R, Sophie R.					

8:50 – 9:10am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
Advanced / Junior Groups plus these JOs: Luke S, Oliver, Jackson K, James, Ariel, Madison J, Dabin					

9:10 – 9:25am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
Beginner / Basic Groups					

Meet starts: 9:30am