

**JUNIOR FREETEAM WARM UP  
SUNDAY, APRIL 6  
4:50PM - 5:20PM**

START DECK

**COMP 1**

**COMP 2**

**COMPETITION POOL**

**5 MINS IN EACH SPOT  
START END - MIDDLE - BULKHEAD END**

**COMP 3**

**COMP 4**

**COMP 5**

BULKHEAD

**COMP 6**

**COMP 7**

**WARMUP POOL  
15 MINS IN ONE SPOT**

**COMP 8**

**COMP 9**

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