

WarmUp

400 Any Easy	1
First row	
17 laps FR 00:15	2
12 laps FR 00:15	3
9 laps FR 00:15	4
Second row	
3 laps BK 00:15	5
6 laps BK 00:15	6
Third row	
5 laps FR 00:15	7
6 laps FR 00:15	8
4 laps FR 00:15	9
Fourth row	
2 laps BK 00:15	10
8 laps BK 00:15	11
Fifth row	
10 laps BK 00:15	12
8 laps BK 00:15	13
3 laps BK 00:15	14
1 laps BK 00:15	15
Sixth row	
2 laps BK 00:15	16
6 laps BK 00:15	17
Seventh row	
5 laps IM 00:15	18
Eighth row	
14 laps FR 00:15	19
Ninth row	
1 laps BK 00:15	20
12 laps BK 00:15	21
Tenth row	
11 laps FR 00:15	22