

Spring Fitness Assessment				
Time	Team 1	Team 2	Team 3	Team 4
7.00 p.m.	GU9	GU10a	GU10b	GU11a
7.20 p.m.	GU11b	GU12a	GU12b	GU13a
7.40 p.m.	GU13b	GU14	GU16	
8.00 p.m.	BU9	BU10a	BU10b	BU11a
8.20 p.m.	BU11b	BU12a	BU12b	BU13a
8.40 p.m.	BU13b	BU13c	BU14a	BU14b
9.00 p.m.	BU15a	BU15b	BU16a	BU16b
9.20 p.m.	BU17a	BU17b	Womens Regional	Womens U21

Our baseline goals for Jan 24th, 2010 are:

u8-u10 each sprint has a pass time of 22 seconds
u11 to u13 each sprint has a pass time of 20 second
u14 plus each sprint has a pass time of 18 seconds

Our Baseline goals for May 6th are:

U8-u10 20 seconds
U11 to u13 18 seconds
U14 plus 16 seconds”