

**MRST Regional Age Group Championship  
February 25, 2018  
Warm-Up Times**

**Sunday Morning Warm-ups**

SWIM, MRST, FAST, MAC - 7:30 – 8:00  
All Other Teams - 8:00 – 8:30  
Meet Starts at 8:35

Deck entries will be accepted

**Sunday Afternoon Warm-ups will not begin before 12:30**

HEAT, MRST, FAST – 1<sup>st</sup> half hour  
All Other Teams – 2<sup>nd</sup> half hour

Deck entries will be accepted

**Free parking in lots D, E, and F at the back of the  
Medina Recreation Center.**

**Please enter the Rec Center through the pool entrance in  
the back of the building.**

**Do not enter through the front of the Recreation Center**