

**OKRHA Paid Warm-Ups  
May 14, 2009**

9:00-9:05	TJ Good
9:05-9:10	Brainard
9:10-9:15	Brainard
9:15-9:20	Brainard
9:20-9:25	Brainard
9:25-9:30	Brainard
9:30-9:35	Brainard
9:35-9:40	Brainard
9:40-9:45	Brainard
9:45-9:50	Brainard
9:50-9:55	Brainard
9:55-10:00	Brainard
10:00-10:05	Brainard
10:05-10:10	Brainard
10:10-10:15	Brainard
10:15-10:20	Todd Crawford
10:20-10:25	Brainard
10:25-10:30	Brainard
10:30-10:35	Todd Crawford
10:35-10:40	Brainard
10:40-10:45	Brainard
10:45-10:50	Todd Crawford
10:50-10:55	Brainard
10:55-11:00	Brainard

12:00-12:05	TJ Good
12:05-12:10	Brainard
12:10-12:15	Brainard
12:15-12:20	Cheryl Underwood
12:20-12:25	Brianard
12:25-12:30	Brianard
12:30-12:35	Marc Wagman
12:35-12:40	Brainard
12:40-12:45	Brainard
12:45-12:50	Marc Wagman
12:50-12:55	Brainard
12:55-1:00	Brainard

5:00-5:05	TJ Good
5:05-5:10	Todd Arvidson
5:10-5:15	Todd Arvidson
5:15-5:20	Glenda Parks
5:20-5:25	Glenda Parks
5:25-5:30	Glenda Parks
5:30-5:35	Glenda Parks
5:35-5:40	Terry Thompson
5:40-5:45	Terry Thompson
5:45-5:50	Terry Thompson
5:50-5:55	Todd Arvidson
5:55-6:00	Todd Arvidson

7:00-7:05	Todd Arvidson
7:05-7:10	Todd Arvidson
7:10-7:15	TJ Good
7:15-7:20	Terry Thompson
7:20-7:25	Terry Thompson
7:25-7:30	Terry Thompson
7:30-7:35	Todd Crawford
7:35-7:40	Terry Thompson
7:40-7:45	Marc Wagman
7:45-7:50	Terry Thompson
7:50-7:55	Todd Arvidson
7:55-8:00	Todd Arvidson
8:00-8:05	Terry Thompson
8:05-8:10	Marc Wagman
8:10-8:15	Terry Thompson
8:15-8:20	Todd Crawford
8:20-8:25	Terry Thompson
8:25-8:30	Terry Thompson
8:30-8:35	Laura Robinson
8:35-8:40	Terry Thompson
8:40-8:45	Todd Crawford
8:45-8:50	Terry Thompson
8:50-8:55	Terry Thompson
8:55-9:00	Terry Thompson