

CADET RELEASE TIMES

Session _____

Session Time _____

WEIGHT	TIME RELEASE	TIME RETURN
84		
91		
98		
105		
112		
119		
125		
130		
135		
140		
145		
152		
160		
171		
189		
215		
285		

JUNIOR RELEASE TIMES

Session _____

Session Time _____

WEIGHT	TIME RELEASE	TIME RETURN
98		
105		
112		
119		
125		
130		
135		
140		
145		
152		
160		
171		
189		
215		
285		

