

**LANGHAM CREEK AND CYFAIR SCRIMMAGE
OCTOBER 30, 2018**

We can scrimmage in all 3 gyms - VAR in main gym, JV in small gym and FR in 3rd multipurpose gym.

We can play all our teams at the same time so they start and end together.

Deer Park vs Langham Creek - 3:30 -3:35 Warm-up

3:35 - 3:55 - 20 min running clock

3:55 - 4:00 - 5 min break

4:00 - 4:20 - 20 min running clock

Deer Park vs Cy-Fair - 4:20 - 4:25 Warm-up

4:25 - 4:45 - 20 min running clock

4:45 - 4:50 - 5 min break

4:50 - 5:10 - 20 min running clock

Cy-Fair vs Langham Creek - 5:10 - 5:15 - Warm-up

5:15 - 5:35 - 20 min running clock

5:35 - 5:40 - 5 min break

5:40 - 6:00 - 20 min running clock