

# Virginia Swimming LC Age Group Champs Warm-up Assignments

		Lanes							
		1	2	3	4	5	6	7	8
Thurs PM Session		GENERAL WARM-UP							
Friday - Morning									
Afternoon	7:00 - 7:35	RAYS / BASS	TPHN / VAST	TIDE / SWAT	GATR / SEVA	HA-LASO-NSD-SMAC-RACE	TAC - OBX-UNTAC	CCA / VACS	LY - SQST - TCAC
	7:35 - 8:10	NOVA	NOVA	NOVA	PSDN	PSDN / QDD	WAC	ODAC / BAC	CGBD
	8:10-8:20	PACE	STARTS	STARTS	GENERAL	GENERAL	STARTS	STARTS	PACE
Finals	1:00 - 1:45	NOVA	TPHN	WAC	CGBD - VACS	PSDN / RAYS	SQST - TAC - CCA	PWSC - RACE - GATR	TIDE-BAC - BASS - ODAC - SMAC
	5:00 - 5:45	GENERAL WARM-UP							
	5:45 - 6:05	PACE	STARTS	STARTS	GENERAL	GENERAL	STARTS	STARTS	PACE
Saturday - Morning									
Afternoon	7:00 - 7:35	NOVA	NOVA	NOVA	PSDN	PSDN / QDD	WAC	ODAC / BAC	CGBD
	7:35 - 8:10	RAYS / BASS	TPHN / VAST	TIDE / SWAT	GATR / SEVA	HA - LASO - SMAC - NSD - RACE	TAC - UNTAC - OBX - CYAC	CCA / VACS	LY -SQST - TCAC-FAST-WST
	8:10 -8:20	PACE	STARTS	STARTS	GENERAL	GENERAL	STARTS	STARTS	PACE
Finals	1:00 - 1:45	NOVA	TPHN	WAC	CGBD - VACS - WST	PSDN / RAYS	SQST - TAC - PWSC	BASS - LY -SMAC-CCA-RACE-TCAC	GATR - ODAC - TIDE
	5:00 - 5:45	GENERAL WARM-UP							
	5:45 - 6:05	PACE	STARTS	STARTS	GENERAL	GENERAL	STARTS	STARTS	PACE
Sunday - Morning									
Afternoon	7:00 - 7:35	RAYS-BASS-SMAC	LASO-TPHN-VAST	TIDE / SWAT	GATR / SEVA	HA-QDD-FAST	TAC-UNTAC-TCAC	CCA / VACS	LY-SQST-CYAC-OBX
	7:35 - 8:10	NOVA	NOVA	NOVA	PSDN	PSDN	WAC	ODAC / BAC	CGBD
	8:10 - 8:20	PACE	GENERAL	STARTS	STARTS	STARTS	STARTS	GENERAL	PACE
Finals	1:00 - 1:45	NOVA	TPHN / SMAC	WAC / PWSC	CGBD / ODAC	PSDN-VACS-RACE	GATR-RAYS-BASS-TCAC	SQST-TAC-BAC-QDD	CCA-HA-TIDE-CYAC
	5:00 - 5:45	GENERAL WARM-UP							
	5:45 - 6:05	PACE	STARTS	STARTS	GENERAL	GENERAL	STARTS	STARTS	PACE