

VIRGINIA AGE GROUP LC CHAMPIONSHIP 2009
WARM-UP FRIDAY, JULY 31, 2009

Team	Morning Time	Lane	Afternoon Time	Lane
BAC	7:35-8:00	5	1:30-2:00	4
BASS	7:35-8:00	7	1:30-2:00	8
CCA	7:35-8:00	7,8	1:30-2:00	5
CGBD	7:10-7:35	1,2	1:30-2:00	3
CYAC	7:10-7:35	5	1:30-2:00	4
FUAC			1:30-2:00	5
GATR	7:10-7:35	7	1:30-2:00	5
HOKI	7:10-7:35	6		
LY	7:10-7:35	8	1:30-2:00	6
NOVA	6:45-7:10	1,2,3,4	1:30-2:00	1,2
OBX		3		
ODAC	6:45-7:10	7	1:30-2:00	8
PSDN	7:35-8:00	1,2	1:30-2:00	8
PWSC	7:10-7:35	2	1:30-2:00	8
QDD	7:35-8:00	8	1:30-2:00	6
RACE	7:10-7:35	3	1:30-2:00	7
RAYS	7:10-7:35	3	1:30-2:00	8
RPST	7:10-7:35	6		
SEVA	7:35-8:00	6	1:30-2:00	6
SHKS	7:10-7:35	5		
SMAC	7:10-7:35	7	1:30-2:00	5
SQST	6:45-7:10	5,6	1:30-2:00	6
STAT	7:10-7:35	6	1:30-2:00	7
TAC	7:10-7:35	4	1:30-2:00	8
TCAC	6:45-7:10	6		
TIDE	7:35-8:00	3,4	1:30-2:00	2
TSU	7:10-7:35	4		
US	7:35-8:00	4	1:30-2:00	7
VACS	7:35-8:00	6	1:30-2:00	3
VAST	7:10-7:35	5		
VSTP		4	1:30-2:00	8
VYAC	7:10-7:35	8	1:30-2:00	3
WAC	6:45-7:10	8	1:30-2:00	4
YGR	6:45-7:10	8	1:30-2:00	7

VIRGINIA AGE GROUP LC CHAMPIONSHIP 2009
WARM-UP SATURDAY, August 1, 2009

Team	Morning Time	Lane	Afternoon Time	Lane
BAC	7:10-7:35	5	1:30-2:00	5
BASS	7:10-7:35	8	1:30-2:00	6
CCA	6:45-7:10	6	1:30-2:00	4
CGBD	6:45-7:10	1,2	1:30-2:00	1
CYAC	7:35-8:00	4	1:30-2:00	5
FUAC			1:30-2:00	6
GATR	7:35-8:00	6	1:30-2:00	3
HOKI	6:45-7:10	8		
LY	7:35-8:00	6	1:30-2:00	6
NOVA	7:10-7:35	1,2,3,4	1:30-2:00	7,8
OBX	7:35-8:00	7		
ODAC	7:10-7:35	7	1:30-2:00	2
PSDN	7:35-8:00	1,2	1:30-2:00	5
PWSC	7:10-7:35	7	1:30-2:00	6
QDD	7:35-8:00	5	1:30-2:00	4
RACE			1:30-2:00	6
RAYS	6:45-7:10	4	1:30-2:00	6
RPST	7:35-8:00	7		
SEVA	7:35-8:00	7	1:30-2:00	5
SHKS	7:35-8:00	8		
SMAC	6:45-7:10	7	1:30-2:00	6
SQST	7:35-8:00	3,4	1:30-2:00	6
STAT	6:45-7:10	8	1:30-2:00	4
TAC	6:45-7:10	5	1:30-2:00	6
TCAC	7:10-7:35	8		
TIDE	7:10-7:35	6	1:30-2:00	3
TSU	7:35-8:00	7		
US	7:35-8:00	5	1:30-2:00	5
VACS	6:45-7:10	6	1:30-2:00	6
VAST	6:45-7:10	4		
VSTP	6:45-7:10	5	1:30-2:00	8
VYAC	6:45-7:10	7	1:30-2:00	6
WAC	6:45-7:10	3	1:30-2:00	2
YGR		8	1:30-2:00	1

VIRGINIA AGE GROUP LC CHAMPIONSHIP 2009
WARM-UP SUNDAY, August 2, 2009

Team	Morning Time	Lane	Afternoon Time	Lane
BAC	7:10-7:35	6	12:30-1:00	5
BASS	7:35-8:00	3	12:30-1:00	6
CCA	6:45-7:10	7	12:30-1:00	2
CGBD	7:10-7:35	1,2	12:30-1:00	3
CYAC	7:35-8:00	3	12:30-1:00	7
FUAC			12:30-1:00	8
GATR	7:35-8:00	4	12:30-1:00	4
HOKI	7:10-7:35	4		
LY	7:10-7:35	7	12:30-1:00	8
NOVA	7:35-8:00	5,6,7,8	12:30-1:00	1,2
OBX	7:10-7:35	4		
ODAC	7:35-8:00	2	12:30-1:00	6
PSDN	6:45-7:10	1,2	12:30-1:00	6
PWSC	6:45-7:10	6	12:30-1:00	7
QDD	6:45-7:10	5	12:30-1:00	8
RACE	7:35-8:00	1	12:30-1:00	8
RAY5	6:45-7:10	6		
RPST	7:10-7:35	8		
SEVA	7:35-8:00	4	12:30-1:00	7
SHKS	6:45-7:10	8		
SMAC	6:45-7:10	4	12:30-1:00	8
SQST	7:10-7:35	3,4	12:30-1:00	6
STAT	6:45-7:10	8	12:30-1:00	7
TAC	7:35-8:00	1	12:30-1:00	8
TCAC	7:35-8:00	2		
TIDE	6:45-7:10	3,4	12:30-1:00	4
TSU	7:10-7:35	8		
US	6:45-7:10	2	12:30-1:00	4
VACS	6:45-7:10	7	12:30-1:00	3
VAST	7:10-7:35	8		
VSTP	7:10-7:35	6	12:30-1:00	5
VYAC	7:10-7:35	7	12:30-1:00	8
WAC	7:10-7:35	5	12:30-1:00	5
YGR	7:10-7:35	6	12:30-1:00	8