

**2009 Age Group Champs, 3/19-3/22
Freedom Aquatics Center, Manassas, VA
Warm Up Schedule**

Thursday Timed Finals

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00 - 4:30	GATR W/ US	GATR	VACS W/ HOKI	RAYS W/ CVA	NOVA	NOVA	NOVA	NOVA
4:30 - 5:00	TIDE W/TCAC	CGBD	ODAC	WAC	BAC W/ YGR	PSDN	PSDN	PSDN

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4
4:00 - 4:30	QDD	QDD W/ SEVA	SQST	PWSC W/ STAT
4:30 - 5:00	SMAC	TAC	CCA	SHKS W/VSTP

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FRIDAY Prelims

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:00 - 7:25 am	GATR	GATR	GATR	WAC	WAC	WAC	RAYS	RAYS	STAT
7:25 - 7:50	PSDN	PSDN	PSDN	PSDN	QDD	QDD	QDD	YGR	VACS
7:50 - 8:15	ODAC	ODAC	ODAC w/ LASO	CCA	CCA	VAST W/ FUAC	SMAC W VYAC	SMAC	SEVA

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 - 7:25 am	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:25 - 7:50	CGBD	CGBD	CGBD	CGBD	CGBD	CGBD	HOKI	HOKI W/ CVA
7:50 - 8:15	TAC	TAC	BASS	BASS	US	US W/ OBX	BAC	BAC

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 - 7:25 am	NOVA	NOVA	NOVA	NOVA w/ PWSC	SHKS
7:25 - 7:50	SQST	SQST	SQST	RACE W/ SCAT	TCAC W/ RPST
7:50 - 8:15	TIDE	TIDE	TIDE	TIDE	TSU W/ VSTP

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Saturday Prelims

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:00 - 7:25 am	CGBD	CGBD	CGBD	CGBD	CGBD	CGBD W/ RPST	SEVA	HOKI W/	HOKI W/ CVA
7:25 - 7:50	TSU W/ STAT	STAT	TIDE	TIDE	TIDE	TIDE W/ TCAC	BAC	BAC	BAC W/ FUAC
7:50 - 8:15	GATR	GATR	GATR	WAC	WAC	WAC W/ RACE	TAC	TAC	SCAT W/ VYAC

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 - 7:25 am	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:25 - 7:50	ODAC	ODAC	ODAC	CCA	CCA	VACS	SMAC W/ VACS	SMAC
7:50 - 8:15	QDD	QDD	QDD	BASS	BASS	YGR	RAYS	RAYS

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 - 7:25 am	NOVA	NOVA	VSTP	SHKS	SHKS W/ VAST
7:25 - 7:50	PSDN	PSDN	PSDN	PSDN W/ OBX	PWSC
7:50 - 8:15	SQST	SQST	SQST	US	US

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SUNDAY Prelims

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:00 - 7:25 am	CGBD	CGBD	CGBD	CGBD	CGBD	CGBD	SEVA	STAT	VYAC W/ SCAT
7:25 - 7:50	HOKI	HOKI W/ CVA	TIDE	TIDE	TIDE	TIDE	BAC	BAC	BAC W/ FUAC
7:50 - 8:15	GATR	GATR	GATR	WAC	WAC	WAC W/ RACE	TAC	TAC W/ LASO	RPST W/ TCAC

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 - 7:25 am	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:25 - 7:50	ODAC	ODAC	ODAC	CCA	CCA	CCA	VACS	SMAC
7:50 - 8:15	QDD	QDD	QDD	BASS	BASS	YGR	RAYS	RAYS

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 - 7:25 am	NOVA	NOVA	NOVA	VSTP	SHKS
7:25 - 7:50	PSDN	PSDN	PSDN	PSDN W/ VAST	PWSC W/ OBX
7:50 - 8:15	SQST	SQST	SQST	US	US