

## Virginia Swimming Region I Summer Awards Warm Up Schedule

<u>Lane</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	
<b>Session 1</b>	FRI 7:00-7:30	WAC	ODAC	CGBD	CGBD	TIDE	TIDE	TPHN	TPHN
	FRI 7:30-8:00	PSDN	PSDN	SQST	VACS	TAC/UNAT	SEVA / NSD	TCAC PYAC/OBX	CYAT/BAC
<b>Session 2</b>	FRI 12:45-1:10	SQST	SQST	WAC	WAC	CGBD	TPHN	PSDN	BAC
	FRI 1:10-1:35	VACS	TIDE	SEVA	PYAC	CYAT/TCAC	TAC/OBX	ODAC	ODAC
<b>Session 3</b>	SAT 7:00-7:30	PSDN	PSDN	TPHN	TPHN	WAC	WAC	CGBD	CGBD
	SAT 7:30-8:00	TIDE	TIDE	SQST	VACS	ODAC	SEVA / PYAC	TIDE/BAC	TCAC/ CYAT OBX
<b>Session 4</b>	SAT 1:00-1:25	SQST	SQST	WAC	WAC	CGBD	CGBD	ODAC	BAC
	SAT 1:25-1:50	PSDN	VACS	TPHN	TIDE	SEVA	CYAT	PYAC/TAC	TCAC/OBX
<b>Session 5</b>	SUN 7:00-7:30	PSDN	PSDN	CGBD	CGBD	TIDE	TIDE	WAC	WAC
	SUN 7:30-8:00	TPHN	SEVA/PYAC	VCAS	ODAC	SQST	TAC	TCAC/NSD/ UNAT	BAC / CYAT / OBX
<b>Session 6</b>	SUN 1:45 -2:10	SQST	SQST	WAC	WAC	ODAC	CGBD	PSDN	TIDE
	SUN 2:10-2:35	TPHN	BAC	VACS	SEVA	CYAT	PYAC	TCAC	TAC/OBX