Virginia Swimming Region II Summer Awards Meet Warm Ups Schedule

Friday AM

	Lane1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
7:00-7:30	RAYS	RAYS	RAYS	RAYS	QDD	QDD	HA	CCA	PWSC	BASS
								CYAC	FAST	RACE/QS
7:30-8:00	VAST	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	WST
	SWAT									TSU/SMAC

Friday PM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
12:15-12;45	CYAC	CCA	TSU	PWSC	QDD	QDD	QDD	QDD	WST	WST
	FAST	SMAC	QS	RACE						
12:45-1:15	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	RAYS	RAYS	BASS	HA

Saturday AM

	Lane1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
7:00-7:30	QDD	FAST	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
		SWAT								
7:30-8:00	RAYS	RAYS	RAYS	RAYS	PWSC	VAST	HA	HA	CYAC	CCA
	RACE				WST	QS/BASS	TSU		SMAC	

Saturday PM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
12:15-12;45	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	QDD	QDD	QDD	QDD
12:45-1:15	WST	HA	BASS	CCA	RAYS	RAYS	CYAC	CYAC	SMAC	PWSC
		QS		RACE					TSU	FAST

Sunday AM

	Lane1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
7:00-7:30	PWSC	FAST	HA	HA	QDD	QDD	RAYS	RAYS	RAYS	SMAC
	CYAC	SWAT		TSU	QS					RACE
7:30-8;00	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	CCA	WST
									BASS	VAST

Sunday PM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
12:15-12;45	RACE	RAYS	RAYS	BASS	QDD	QDD	QDD	QDD	HA	WST
	PWSC			SMAC						QS
12:45-1:15	CYAC	CYAC	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	CCA/TSU