

**2005 VIRGINIA SWIMMING
REGION I A/BB CHAMPIONSHIPS
25-27 FEBRUARY 2005**

13&O WARM-UP SCHEDULE

TEAM	FRIDAY		SATURDAY		SUNDAY	
	SESSION 1 TIME	LANE	SESSION 4 TIME	LANE	SESSION 7 TIME	LANE
CGBD	6:30-7:00	1-5	7:00-7:30	9-13	6:30-7:00	4-8
CYAT	7:00-7:30	12	7:00-7:30	8	7:00-7:30	13
NSD	7:00-7:30	13	7:00-7:30	8	7:00-7:30	14
ODAC	7:00-7:30	1-3	6:30-7:00	9-12	7:00-7:30	9-12
PRO	X	X	7:00-7:30	8	7:00-7:30	14
PYAC	7:00-7:30	9	6:30-7:00	13	7:00-7:30	1-2
OBX	7:00-7:30	11	6:30-7:00	14	7:00-7:30	13
SEVA	6:30-7:00	13-14	7:00-7:30	5	6:30-7:00	14
SSC	X	X	X	X	X	X
TAC	7:00-7:30	7-8	7:00-7:30	6-7	7:00-7:30	4-5
TCAC	7:00-7:30	10	7:00-7:30	14	7:00-7:30	3
TIDE	7:00-7:30	4-6	6:30-7:00	6-8	7:00-7:30	6-8
TPHN	6:30-7:00	6-8	7:00-7:30	1-4	6:30-7:00	11-13
WAC	6:30-7:00	9-12	6:30-7:00	1-5	6:30-7:00	1-3;9-10
UNAT	6:30-7:00	14	7:00-7:30	14	7:00-7:30	13

There are two 30 minute WU periods.

The first 20 minutes are for general workout in assigned lanes (Lanes 1-14).

The last 10 minutes are for racing starts with 25Y sprints in shared lanes (Lanes 1-8 only).

Lanes 1-8 are the Competition Course;
Lanes 9-14 are the WU/CD Lanes on the other side of the bulkhead.
(Lane 9 is next to the bulkhead.)

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12&Y WARM-UP SCHEDULE

	FRIDAY	SATURDAY	SUNDAY			
TEAM	SESSION 2		SESSION 5		SESSION 8	
	TIME	LANE	TIME	LANE	TIME	LANE
CGBD	12:30-1:00	9-12	12:30-1:00	1-5	12:30-1:00	9-12
CYAT	1:00-1:30	7	1:00-1:30	14	1:00-1:30	2
NSD	1:00-1:30	14	1:00-1:30	14	1:00-1:30	6
ODAC	1:00-1:30	9-10	12:30-1:00	6-7	1:00-1:30	4-5
PRO	12:30-1:00	13	12:30-1:00	13	1:00-1:30	7
PYAC	1:00-1:30	6	12:30-1:00	8	12:30-1:00	14
OBX	1:00-1:30	8	1:00-1:30	14	1:00-1:30	3
SEVA	12:30-1:00	8	1:00-1:30	8	12:30-1:00	13
SSC	1:00-1:30	13	1:00-1:30	13	1:00-1:30	8
TAC	1:00-1:30	11-12	1:00-1:30	6-7	12:30-1:00	7-8
TCAC	1:00-1:30	5	1:00-1:30	14	1:00-1:30	1
TIDE	1:00-1:30	1-4	1:00-1:30	1-5	1:00-1:30	9-12
TPHN	12:30-1:00	5-7	1:00-1:30	9-12	12:30-1:00	4-6
WAC	1:00-1:30	14	12:30-1:00	9-12	12:30-1:00	1-3
UNAT	1:00-1:30	14	12:30-1:00	13	1:00-1:30	13

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The first 20 minutes are for general workout in assigned lanes (Lanes 1-8).
The last 10 minutes are for racing starts with 25Y sprints in assigned lanes (Lanes 1-8).

Lanes 1-8 are the Competition Course;
Lanes 9-14 are the WU/CD Lanes on the other side of the bulkhead.
(Lane 9 is next to the bulkhead.)