

Blue Ridge Region Championships Meet Warm-Up Schedule

COMPETITION WILL BEGIN AT 8:10AM EACH MORNING

Each team has access to diving in the competition pool during their 45 minute warm up. One way dives may be utilized whenever your lane is ready.

Friday AM WARM UPS First Warm Up 6:30-7:15AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY	PSDN	PSDN CVA	SWAT	SQST	SQST	SGY	SGY SMAC	SQST	PSDN	PSDN

Second Warm Up 7:15-8:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
BAC	BAC	GATR	GATR CAST	FUAC	STRM LASO	HA SCAT	CCA CYAC	CCA	GATR	BAC

SATURDAY AM WARM UPS First Warm Up 6:30-7:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
BAC	BAC	BAC	GATR	GATR	GATR	CCA	CCA	BAC	LY	LY

Second Warm Up 7:00-7:30AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN	PSDN	PSDN	SMAC	LASO LU	HA	SGY	SGY	PSDN	PSDN	PSDN

THIRD Warm Up 7:30-8:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
SQST	SWAT	SWAT	CVA CAST	FUAC	STRM	CYAC SCAT	Dives only	SQST	SQST	SQST

SUNDAY AM WARM UPS First Warm Up 6:30-7:15AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
SMAC LASO	PSDN	PSDN	SGY	SGY CAST	CYAC LU	GATR	GATR	PSDN	LY	LY

Second Warm Up 7:15AM-8:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
SQST	SQST	BAC	BAC	SWAT CVA	CCA	FUAC SCAT	HA STRM	SQST	BAC	SWAT

Blue Ridge Region Championships Meet Warm-Up Schedule

Each team has access to diving in the competition pool during their 30 minute warm up. One way dives may be utilized whenever your lane is ready.

FRIDAY AFTERNOON WARM UPS First Warm Up 12:30-1:00PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN	PSDN	PSDN	CCA	CYAC	BAC	LU FUAC	LASO SCAT	PSDN	open	open

Second Warm Up 1:00 – 1:30PM Competition will begin at 1:40PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
SQST	SQST	CVA SMAC	SWAT	GATR	GATR	GATR	SGY GRTD	LY	LY	open

SATURDAY AFTERNOON WARM UPS First Warm Up 1:30-2:00PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
SWAT	SWAT CVA	SQST	SQST	SQST CAST	LU SMAC	CYAC	CYAC SGY	LY	LY	open

Second Warm Up 2:00PM-2:30PM Competition will begin at 2:40PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN SCAT	PSDN	GATR GRTD	GATR	CCA	CCA LASO	BAC	BAC FUAC	PSDN	PSDN	GATR

SUNDAY AFTERNOON WARM UPS First Warm Up 12:45PM-1:15PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
SWAT CVA	SWAT	PSDN	PSDN	PSDN	GATR	GATR	GATR CAST	LY	LY	PSDN

Second Warm Up 1:15PM-1:45PM Competition will begin at 1:55PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
SQST	SQST	BAC	CCA	CYAC	SGY SMAC	LU FUAC	SCAT LASO	SQST	BAC	CCA