

**2009 LC Summer Awards
WARM-UP FRIDAY, July 17 , 2009**

Team	Morning Time	Lane	Afternoon Time	Lane
BAC	7:30 - 8:00	5,6	1:00 - 1:30	1,2
CGDB	7:00 - 7:30	1,2,3,4	1:30 - 2:00	3,4
DC				
OBX	7:00 - 7:30	4,5	1:00 - 1:30	8
ODAC	7:00 - 7:30	5,6	1:30 - 2:00	5,6
PRO				
PSDN	7:30 - 8:00	7	1:30 - 2:00	1,2
RACE			1:30 - 2:00	6
SEVA	7:30 - 8:00	1,2	1:00 - 1:30	3,4
SSC				
TAC	7:30 - 8:00	8	1:00 - 1:30	7
TCAC	7:30 - 8:00	6	1:00 - 1:30	7
TIDE	7:00 - 7:30	7,8	1:00 - 1:30	5,6
US	7:00 - 7:30	8	1:30 - 2:00	6
VYAC	7:30 - 8:00	4	1:00 - 1:30	8
WAC	7:30 - 8:00	3,4	1:30 - 2:00	7,8
YGR	7:00 - 7:30	6		

**2009 LC Summer Awards
WARM-UP SATURDAY, July 18, 2009**

Team	Morning Time	Lane	Afternoon Time	Lane
BAC	7:00 - 7:30	3,4	12:00 - 12:30	1,2,3
CGBD	7:30 - 8:00	1,2,3,4	12:30 - 1:00	4,5
DC				
OBX	7:30 - 8:00	6	12:30 - 1:00	5
ODAC	7:30 - 8:00	7	12:30 - 1:00	6
PRO				
PSDN	7:00 - 7:30	5,6	12:30 - 1:00	1,2,3
RACE	7:30 - 8:00	8	12:30 - 1:00	7
SEVA	7:00 - 7:30	1,2	12:00 - 12:30	4,5
SSC				
TAC	7:30 - 8:00	5	12:30 - 1:00	7
TCAC	7:30 - 8:00	5	12:30 - 1:00	8
TIDE	7:00 - 7:30	7	12:00 - 12:30	6,7
US	7:00 - 7:30	4	12:30 - 1:00	8
VYAC	7:00 - 7:30	6	12:00 - 12:30	7
WAC	7:00 - 7:30	8	12:00 - 12:30	8
YGR	7:30 - 8:00	5		

**2009 LC Summer Awards
WARM-UP SUNDAY, July 19, 2009**

Team	Morning Time	Lane	Afternoon Time	Lane
BAC	7:00 - 7:30	6,7	12:30 - 1:00	1,2,3
CGDB	7:00 - 7:30	1,2,3	12:30 - 1:00	6,7
DC				
OBX	7:30 - 8:00	7	12:30 - 1:00	8
ODAC	7:00 - 7:30	4,5	12:00 - 12:30	7
PRO				
PSDN	7:00 - 7:30	8	12:30 - 1:00	4,5
RACE	7:00 - 7:30	5	12:30 - 1:00	7
SEVA	7:30 - 8:00	1,2	12:00 - 12:30	1,2,3
SSC				
TAC	7:30 - 8:00	5	12:00 - 12:30	8
TCAC	7:00 - 7:30	7	12:30 - 1:00	7
TIDE	7:30 - 8:00	3,4	12:00 - 12:30	4,5
US	7:30 - 8:00	4	12:00 - 12:30	8
VYAC	7:30 - 8:00	8	12:30 - 1:00	8
WAC	7:30 - 8:00	6	12:00 - 12:30	6
YGR	7:00 - 7:30	7		