

2010 VSI Regional Summer Awards

Sponsored By: South Eastern Virginia Aquatics Warm-ups Lane Assignments

Friday, July 16, 2010 - 12 & Younger Session

1st WARM-UP

10:00 AM TO 10:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	SEVA	SEVA TCAC	WAC	WAC VYAC	TAC	CGBD	CGBD

2nd WARM-UP

10:25 AM to 10:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TIDE	TIDE US	PSDN RACE	PSDN	ODAC VACS	ODAC	BAC OBX	BAC

Friday, July 16, 2010 - 13 & Older Session

1st WARM-UP

2:00 PM TO 2:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	SEVA	SEVA BAC	BAC	BAC	WAC	CGBD WAC	CGBD

2nd WARM-UP

2:25 PM to 2:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TIDE	PSDN	PSDN	PSDN	TAC TCAC	VYAC RACE OBX	VACS US	ODAC

2010 VSI Regional Summer Awards

Saturday, July 17, 2010 - 12 & Younger Session

1st WARM-UP

7:00 AM to 7:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	SEVA	SEVA VYAC	TIDE RACE	ODAC OBX	PSDN TAC	PSDN	PSDN

2nd WARM-UP

7:25 AM to 7:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CGBD	CGBD	CGBD VACS	WAC TCAC	WAC	BAC	BAC	US OBX

Saturday, July 17, 2010 - 13 & Older Session

1st WARM-UP

1:00 PM to 1:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	SEVA	SEVA UNAT	PSDN	PSDN	PSDN	WAC OBX	WAC

2nd WARM-UP

1:25 PM to 1:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CGBD	VACS UNAT	TIDE	BAC	BAC	BAC VYAC	TAC RACE	ODAC US

2010 VSI Regional Summer Awards

Sunday, July 18, 2010 - 12 & Younger Session

1st WARM-UP

7:00 AM to 7:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	SEVA	SEVA VYAC	WAC	TAC	CGBD VACS	CGBD	CGBD

2nd WARM-UP

7:25 AM to 7:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TIDE	TIDE US	BAC	BAC RACE	ODAC	ODAC OBX	PSDN TCAC	PSDN

Sunday, July 18, 2010 - 13 & Older Session

1st WARM-UP

1:10 PM to 1:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	SEVA	SEVA	TAC	CGBD	VYAC RACE	BAC	BAC

2nd WARM-UP

1:40 PM to 2:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PSDN	PSDN	PSDN	VACS TCAC	ODAC OBX	WAC	WAC US	TIDE