

VSI REGIONAL SUMMER AWARDS

Lane Timer's Assignments July 16 - 18, 2010

Lane Timer Assignments - Session 1, Friday Morning 12 & U										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
TIMER	VSTP	QSTS	NOVA	STAT	NOVA	QSTS	NOVA	CCA	NOVA	RSPT
TIMER	QDD	QSTS	NOVA	STAT	NOVA	QSTS	NOVA	CCA	NOVA	YGR

Lane Timer Assignments - Friday Afternoon Session 2, 13 & O										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
TIMER	SMAC	NOVA	QSTS	STAT	NOVA	QSTS	CCA	NOVA	QSTS	HOKI
TIMER	QDD	NOVA	QSTS	STAT	NOVA	QSTS	CCA	NOVA	QSTS	RPST

Lane Timer Assignments - Session 3, Saturday Morning 12 & U										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
Timer	NOVA	QSTS	NOVA	CCA	NOVA	STAT	QSTS	NOVA	YGR	QDD
Timer	NOVA	QSTS	NOVA	CCA	NOVA	STAT	QSTS	NOVA	RPST	VSTP

Lane Timer Assignments - Session 4, Saturday Afternoon 13 & O										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
Timer	SMAC	NOVA	QSTS	SHKS	NOVA	QSTS	CCA	NOVA	QSTS	STAT
Timer	HOKI	NOVA	QSTS	SHKS	NOVA	QSTS	CCA	NOVA	QSTS	RPST

<p>Session 4 - Saturday Distance Note Before 4:30 15 Minutes of Open Warmups Following the Conclusion of Event 88 Swimmers must provide timers and lap counters for this session</p>

Lane Timer Assignments - Session 5, Sunday Morning 12 & U										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
Timer	STAT	NOVA	QSTS	NOVA	BASS	NOVA	QSTS	CCA	NOVA	SHKS
Timer	STAT	NOVA	QSTS	NOVA	QDD	NOVA	QSTS	CCA	NOVA	YGR

Lane Timer Assignments - Session 6, Sunday Afternoon 13 & O										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
Timer	CCA	QSTS	STAT	NOVA	QSTS	NOVA	SHKS	QSTS	NOVA	SMAC
Timer	CCA	QSTS	STAT	NOVA	QSTS	NOVA	SHKS	QSTS	NOVA	HOKI

Session 6 - Sunday Distance Not Before 3:45
15 Minutes of Open Warmups Following the Conclusion of Event 126
Swimmer must provide timers and lap counters