

# VSI REGIONAL SUMMER AWARDS

## Warm up Schelude July 16 - 18, 2010

Warmups Session 1 - Friday Morning (Competition starts 8:15 am)										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
6:30	RAYS	RAYS	RAYS	QDD	VSTP	SHKS	CCA	QSTS	QSTS	QSTS
7:00	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	STAT	STAT	RPST
7:30	UNAT	VAST/VSTP	YGR	PWSC	SMAC	WST	CYAC	HOKI	OPEN LN	BASS

Warmups Session 2 - Afternoon 13 & Older Not Before 12:15										
wu	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
# 1	RAYS	RAYS	CCA	QSTS	QSTS	QSTS	SHKS	HOKI/WST	TSU/CYAC	QDD/FUAC
# 2	OPEN LN	NOVA	NOVA	NOVA	NOVA	STAT	RPST/VSTP	SMAC/PWSC	BAS/YGR/VAST	PACE LANE

Warmups Session 3- Saturday Morning 12 & U (8:15 Competition)										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
6:30	RAYS	RAYS	UNAT	SMAC	YGR	RPST	HOKI	BASS	STAT	STAT
7:00	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	QSTS	QSTS	QSTS
7:30	CCA	CCA	SHKS	CYAC	VAST	QDD	VSTP	OPEN LN	OPEN LN	OPEN LN

Warmups Session 4 - Afternoon 13 & Older Not Before 12:00										
wu	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
# 1	RAYS	RAYS	RAYS	CCA	NOVA	NOVA	NOVA	NOVA	STAT	TSU/CYAC
# 2	SHKS	QDD	QSTS	QSTS	QSTS	HOKI/WST	VSTP/RPST	SMAC/YGR	VAST	FUAC/BASS/PWSC

Warm Ups Session 5 - Sunday Morning 12 & U										
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
6:30	RAYS	RAYS	QSTS	QSTS	QSTS	QDD	QDD	CCA	CCA	RPST
7:00	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	YGR	STAT	STAT
7:30	UNAT	VAST	WST	PWSC	SMAC	VSTP	SHKS	HOKI	CYAC	BASS

**Warm Ups Session 6 - Sunday Afternoon 13 & O**

wu	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
# 1	RAYS	RAYS	QSTS	QSTS	QSTS	CCA	NOVA	NOVA	NOVA	NOVA
# 2	SHKS	VAST/WST	BASS/PRST	VSTP/TSU	YGR/PWSC	CYAC/FUAC	SMAC	QDD	HOKI	STAT