

VSI REGIONAL SUMMER AWARDS

July 15-17, 2011

Warm - Up Schedule / Assignments

Warm - Up Session 1 - 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
7:00	RAYS	RAYS	RAYS	STAT	STAT	RAPP	WST	BASS	PWSC	VSTP/TSU
7:20	QSTS	QSTS	QSTS	QDD	QDD	SMAC	SMAC	RPST	SHKS	OPEN
7:40	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	CYAC	OPEN

Warmups Session 2 - Afternoon 13 & Older Not Before 12:10

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/H2O	QSTS	QSTS	QSTS	STAT	BASS	QDD	VSTP/LIB
# 2	NOVA	NOVA	NOVA	NOVA	SHKS	SHKS	WST/RAPP	SMAC/RPST	TSU/VAST	CYAC/PWSC

Warm - Up Session 3 - Morning 12 & U (Competition 8:15)

	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
7:00	RAYS	RAYS	RAYS/H2O	SMAC	SMAC	QDD	QDD	RAPP/WST	RAPP	OPEN
7:20	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	CYAC/SHKS	OPEN
7:40	QSTS	QSTS	QSTS	QSTS	BASS	VSTP/PWSC	STAT	STAT	RPST	OPEN

Warmups Session 4 - Afternoon 13 & Older Not Before 12:10

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/LIB/H2O	NOVA	NOVA	NOVA	NOVA	SHKS	SHKS	SMAC
# 2	QSTS	QSTS	QSTS	BASS	STAT	WST	VSTP/RAPP	CYAC/VAST	TSU/RSTP	PWSC/QDD

Session 4 - Saturday Distance Note Before 4:00PM

15 Minutes of Open Warmups Following the Conclusion of Event 88

Swimmers must provide timers and lap counters for this session

Warm - Up Session 5 - Morning 12 & U (Competition 8:15)

Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
7:00	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	RPST	OPEN
7:20	RAYS	RAYS	RAYS	QSTS	QSTS	QSTS	STAT	STAT	BASS	OPEN
7:40	QDD	QDD	SMAC	SMAC	WST	SHKS	VSTP/TSU	CYAC/PWSC	RAPP	OPEN

Warm Ups Session 6 - Sunday Afternoon 13 & O Not before 12:10

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	QSTS	QSTS	QSTS	QSTS	BASS	QDD	SMAC/VAST
# 2	NOVA	NOVA	NOVA	NOVA	SHKS	SHKS	STAT/RAPP	VSTP/CYAC	TSU/WST	PWSC/RPST

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