

**2011 VIRGINIA SWIMMING  
TIDEWATER REGION CHAMPIONSHIPS  
25-27 FEBRUARY 2011**

**13&O WARM-UP SCHEDULE**

	FRIDAY		SATURDAY		SUNDAY	
TEAM	SESSION 1		SESSION 4		SESSION 7	
	TIME	LANE	TIME	LANE	TIME	LANE
CGBD	6:30-7:00	6-8	7:00-7:30	12-14	6:30-7:00	6-8
DC	7:00-7:30	9-10	6:30-7:00	2-3	7:00-7:30	13-14
OBX	7:00-7:30	11	6:30-7:00	1	7:00-7:30	8
ODAC	7:00-7:30	4-6	6:30-7:00	12-14	7:00-7:30	5-7
RACE	7:00-7:30	12	6:30-7:00	4	6:30-7:00	9
SEVA	6:30-7:00	1-5	7:00-7:30	4-8	6:30-7:00	10-14
TAC	7:00-7:30	7-8	7:00-7:30	9-11	6:30-7:00	1-2
TCAC	6:30-7:00	9-10	6:30-7:00	7-8	7:00-7:30	11-12
TIDE	6:30-7:00	11-12	7:00-7:30	2-3	6:30-7:00	5
VACS	7:00-7:30	13-14	6:30-7:00	5-6	7:00-7:30	9-10
VYAC	6:30-7:00	13-14	7:00-7:30	1-2	6:30-7:00	3-4
WAC	7:00-7:30	1-3	6:30-7:00	9-11	7:00-7:30	1-4
UNAT	7:00-7:30	11	6:30-7:00	1	7:00-7:30	8

There are two 30 minute WU periods.

The first 20 minutes are for general workout in assigned lanes (Lanes 1-14).

The last 10 minutes are for racing starts with 25Y sprints in shared lanes (Lanes 2-7 only).

Lanes 1 & 8 will be used for pace only.

Lanes 1-8 are the Competition Course;

Lanes 9-14 are the WU/CD Lanes on the other side of the bulkhead.

(Lane 9 is next to the bulkhead.)

**Warm-ups for Finals will be General in Lanes 1-8 of the Competition Pool.**

**Warm-ups will be conducted in accordance with VSI Meet Safety Procedures in the Competition Course**

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**12&Y WARM-UP SCHEDULE**

TEAM	FRIDAY		SATURDAY		SUNDAY	
	SESSION 2 TIME	LANE	SESSION 5 TIME	LANE	SESSION 8 TIME	LANE
CGBD	12:30-1:00	9-14	1:00-1:30	3-8	12:30-1:00	9-14
DC	12:30-1:00	1	12:30-1:00	8	1:00-1:30	10
OBX	1:00-1:30	2	12:30-1:00	9	1:00-1:30	9
ODAC	12:30-1:00	2-3	1:00-1:30	9-11	12:30-1:00	6-8
RACE	12:30-1:00	4-5	1:00-1:30	1-2	12:30-1:00	1-2
SEVA	1:00-1:30	11-14	12:30-1:00	1-4	1:00-1:30	11-14
TAC	12:30-1:00	6-8	1:00-1:30	12-14	12:30-1:30	3-5
TCAC	1:00-1:30	1	12:30-1:00	10	1:00-1:30	2
TIDE	1:00-1:30	3-4	12:30-1:00	6-7	1:00-1:30	3-4
VACS	1:00-1:30	5	12:30-1:00	11	1:00-1:30	1
VYAC	1:00-1:30	9-10	12:30-1:00	5	1:00-1:30	5
WAC	1:00-1:30	6-8	12:30-1:00	12-14	1:00-1:30	6-8
UNAT	X	X	X	X	X	X

There are two 30 minute WU periods.

The first 20 minutes are for general workout in assigned lanes (Lanes 1-14).

The last 10 minutes are for racing starts with 25Y sprints in shared lanes (Lanes 2-7 only).

Lanes 1 & 8 will be used for pace only.

Lanes 1-8 are the Competition Course;

Lanes 9-14 are the WU/CD Lanes on the other side of the bulkhead.

(Lane 9 is next to the bulkhead.)

**Warm-ups will be conducted in accordance with VSI Meet Safety Procedures in the  
Competition Course**