

**2012 VIRGINIA SWIMMING
TIDEWATER REGION CHAMPIONSHIPS
24-26 FEBRUARY 2012**

13&O WARM-UP SCHEDULE

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

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

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12&Y WARM-UP SCHEDULE

	FRIDAY		SATURDAY		SUNDAY	
TEAM	SESSION 2		SESSION 5		SESSION 8	
	TIME	LANE	TIME	LANE	TIME	LANE
CGBD	2:10-2:35	10-14	1:45-2:10	4-8	2:10-2:35	9-14
DC	1:45-2:10	13	2:10-2:35	3	1:45-2:10	6
OBX	1:45-2:10	12	2:10-2:35	7	2:10-2:35	14
ODAC	1:45-2:10	4-5	2:10-2:35	12-14	1:45-2:10	4-5
RACE	1:45-2:10	14	2:10-2:35	4-5	1:45-2:10	10
SEVA	2:10-2:35	4-6	1:45-2:10	11-14	2:10-2:35	4-8
TAC	1:45-2:10	6-7	1:45-2:10	9-10	1:45-2:10	7-8
TCAC	2:10-2:35	9	2:10-2:35	7	1:45-2:10	9
TIDE	2:10-2:35	7-8	2:10-2:35	1-3	1:45-2:10	12-14
QSTS	2:10-2:35	1-3	2:10-2:35	8-11	2:10-2:35	1-4
VYAC	1:45-2:10	8	2:10-2:35	6	1:45-2:10	11
WAC	1:45-2:10	1-3	1:45-2:10	1-3	1:45-2:10	1-3

There are two 25 minute WU periods.

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

The last 5 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