

# VSI REGIONAL SUMMER AWARDS

July 12-14, 2013

## Warm - Up Schedule / Assignments

### Warm - Up Session 1 - Morning 12 & U (Competition Begins 8:40)

	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	SHKS	RAPP	RAPP	VSTP	BASS/TSU	WST	HOKI
7:30	QSTS	QSTS	CCA	QDD	GATR	SMAC	SMAC	RPST	RPST	PWSC/LY
8:00	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	CYAC

### Warmups Session 2 - Afternoon 13 & Older (Competition Begins 3:15)

WU	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
2:15	RAYS	RAYS	RAYS	BASS	BASS	QSTS	QSTS	RPST	SHKS	CCA/HOKI
2:45	NOVA	NOVA	NOVA	NOVA	LY/CYAC	VSTP/SMAC	QDD/GATR	RAPP	TSU/WST	PWSC

### Warm - Up Session 3 - Morning 12 & U (Competition Begins 8:10)

	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	SMAC	SMAC/WST	QDD/PWSC	GATR	GATR/CCA	CYAC	LY/VSTP
7:00	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	SHKS/TSU
7:30	QSTS	QSTS	QSTS	BASS	BASS	RAPP	RAPP	HOKI	RPST	RPST

### Warmups Session 4 - Afternoon 13 & Older (Competition Begins 2:35)

WU	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
1:30	RAYS	RAYS	RAYS/PWSC	NOVA	NOVA	NOVA	NOVA/VSTP	SHKS	RAPP/TSU	QDD/GATR
2:00	BASS	BASS	BASS	QSTS	QSTS	QSTS/SMAC	RPST	RPST/WST	CCA/HOKI	LY/CYAC

### Warm - Up Session 5 - Morning 12 & U (Competition Begins 8:10)

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	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:00	RAPP	BASS	BASS	BASS	QSTS	QSTS	RPST	RPST	SMAC	SMAC/TSU
7:30	CYAC	GATR	GATR	SHKS	QDD	HOKI	VSTP	CCA	PWSC	LY/WST

### Warm Ups Session 6 - Sunday Afternoon 13 & O (Competition Begins 2:20)

WU	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
1:15	RAYS	RAYS	RAPP/PWSC	BASS	BASS	BASS	BASS	NOVA	NOVA	NOVA
1:45	QSTS	QSTS	QSTS/SMAC	SHKS	RPST	HOKI/GATR	LY/VSTP	CCA/TSU	CYAC/WST	QDD

Session 6 - Sunday Distance Competition Not Before 4:30

15 Minutes of Open Warmups Following the Conclusion of Event 126

Swimmer must provide timers and lap counters