

2013 Tidewater Region Championship

February 22-24, 2013

Friday Prelim Session: Warm-up Assignments

1st Warm-up: 7:30 am to 7:55 am

2nd Warm-up: 7:55 am to 8:20 am

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
1st Warm-Up (CGBD)	2nd Warm-Up (SEVA)						
Lane 7		B	1st	1st	1st	1st	1st
1st Warm-Up (CGBD)	2nd Warm-Up (SEVA)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	VYAC	VYAC	VYAC	WAC	WAC
		K					
Lane 6		H	2nd	2nd	2nd	2nd	2nd
1st Warm-Up (CGBD)	2nd Warm-Up (SEVA)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	TIDE	TIDE	TAC	TAC	DC
		D					UNAT
							TCAC
							OBX
Lane 5		B					
1st Warm-Up (CGBD)	2nd Warm-Up (SEVA)	U					
		L					
		K					
Lane 4		H					
1st Warm-Up (CGBD)	2nd Warm-Up (BAC)	E					
		A					
		D					
Lane 3		B	1st	1st	1st	1st	1st
1st Warm-Up (ODAC)	2nd Warm-Up (BAC)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	VYAC	VYAC	VYAC	WAC	WAC
		K					
Lane 2		H	2nd	2nd	2nd	2nd	2nd
1st Warm-Up (ODAC)	2nd Warm-Up (BAC)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	TIDE	TIDE	TAC	TAC	DC
		D					UNAT
							TCAC
							OBX
Lane 1							
1st Warm-Up (ODAC)	2nd Warm-Up (RACE)						

Friday Final Session: General Warm-up

General Warm-up: 5:30 pm to 5:55 pm

Specific Warm-up: 5:55 pm to 6:10 pm

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
General Warm-Up	Specific Warm-Up (Pace)						
Lane 7		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	General	General	General	General	General
Lane 6		K					
General Warm-Up	Specific Warm-Up (Sprint)	H	Specific	Specific	Specific	Specific	Specific
		E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 5		A	General	General	General	General	General
General Warm-Up	Specific Warm-Up (General)	D					
		B	General	General	General	General	General
Lane 4		U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
General Warm-Up	Specific Warm-Up (General)	L	General	General	General	General	General
		K					
Lane 3		H	Specific	Specific	Specific	Specific	Specific
General Warm-Up	Specific Warm-Up (Sprint)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	General	General	General	General	General
Lane 2		D					
General Warm-Up	Specific Warm-Up (Pace)	B	General	General	General	General	General
		U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 1		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Pace)	K					

Saturday Prelim Session: Warm-up Assignments

1st Warm-up: 7:30 am to 7:55 am

2nd Warm-up: 7:55 am to 8:20 am

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
1st Warm-Up (VYAC)	2nd Warm-Up (BAC)						
Lane 7		B	1st	1st	1st	1st	1st
1st Warm-Up (VYAC)	2nd Warm-Up (BAC)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	CGBD	CGBD	CGBD	CGBD	TAC
Lane 6		K					TAC
1st Warm-Up (VYAC)	2nd Warm-Up (BAC)	H	2nd	2nd	2nd	2nd	2nd
		E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	SEVA	SEVA	SEVA	SEVA	RACE
Lane 5		D					TCAC
1st Warm-Up (WAC)	2nd Warm-Up (BAC)	B					UNAT
		U					
Lane 4		L					
1st Warm-Up (WAC)	2nd Warm-Up (ODAC)	K					
		H	1st	1st	1st	1st	1st
Lane 3		E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
1st Warm-Up (WAC)	2nd Warm-Up (ODAC)	A	CGBD	CGBD	CGBD	CGBD	TAC
		D					TAC
Lane 2		B	2nd	2nd	2nd	2nd	2nd
1st Warm-Up (TIDE)	2nd Warm-Up (ODAC)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	SEVA	SEVA	SEVA	SEVA	RACE
Lane 1		K					TCAC
1st Warm-Up (TIDE)	2nd Warm-Up (DC)	H					UNAT

Saturday Final Session: General Warm-up

General Warm-up: 5:30 pm to 5:55 pm

Specific Warm-up: 5:55 pm to 6:10 pm

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
General Warm-Up	Specific Warm-Up (Pace)						
Lane 7		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 6		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	K	General	General	General	General	General
Lane 5		H	Specific	Specific	Specific	Specific	Specific
General Warm-Up	Specific Warm-Up (Sprint)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 4		A	General	General	General	General	General
General Warm-Up	Specific Warm-Up (General)	D	General	General	General	General	General
Lane 3		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 2		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	K	General	General	General	General	General
Lane 1		H	Specific	Specific	Specific	Specific	Specific
General Warm-Up	Specific Warm-Up (Pace)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	General	General	General	General	General
		D	General	General	General	General	General

Sunday Prelim Session: Warm-up Assignments

1st Warm-up: 7:30 am to 7:55 am

2nd Warm-up: 7:55 am to 8:20 am

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
1st Warm-Up (CGBD)	2nd Warm-Up (SEVA)						
Lane 7		B	1st	1st	1st	1st	1st
1st Warm-Up (CGBD)	2nd Warm-Up (SEVA)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	ODAC	ODAC	ODAC	WAC	WAC
		K					DC
Lane 6		H	2nd	2nd	2nd	2nd	2nd
1st Warm-Up (CGBD)	2nd Warm-Up (SEVA)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	BAC	BAC	BAC	BAC	TIDE
		D					TIDE
Lane 5		B					
1st Warm-Up (CGBD)	2nd Warm-Up (SEVA)	U					
		L					
		K					
Lane 4		H					
1st Warm-Up (RACE)	2nd Warm-Up (SEVA)	E					
		A					
		D					
Lane 3		B	1st	1st	1st	1st	1st
1st Warm-Up (TCAC & UNAT)	2nd Warm-Up (VYAC)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	ODAC	ODAC	ODAC	WAC	WAC
		K					DC
Lane 2		H	2nd	2nd	2nd	2nd	2nd
1st Warm-Up (TAC)	2nd Warm-Up (VYAC)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	BAC	BAC	BAC	BAC	TIDE
		D					TIDE
Lane 1							
1st Warm-Up (TAC & OBX)	2nd Warm-Up (VYAC)						

Sunday Final Session: General Warm-up

General Warm-up: 4:45 pm to 5:10 pm

Specific Warm-up: 5:10 pm to 5:25 pm

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
General Warm-Up	Specific Warm-Up (Pace)						
Lane 7		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 6		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	K	General	General	General	General	General
Lane 5		H	Specific	Specific	Specific	Specific	Specific
General Warm-Up	Specific Warm-Up (Sprint)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 4		A	General	General	General	General	General
General Warm-Up	Specific Warm-Up (General)	D	General	General	General	General	General
Lane 3		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 2		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	K	General	General	General	General	General
Lane 1		H	Specific	Specific	Specific	Specific	Specific
General Warm-Up	Specific Warm-Up (Pace)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	General	General	General	General	General
		D	General	General	General	General	General