

**Virginia Swimming, Inc.**  
**Long Course Age Group Championships**  
 Thursday - July 20, 2006

Warm-Ups - Evening 12 & Under 400 Free and 13 – 14 1500 Free FINAL Session

<b>Lane</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
4:00 PM to 4:30 PM	General	General	General	General	General	General	General	General	General	General
4:30 PM to 4:50 PM	PACE	PACE	SPRINT	General	General	General	General	SPRINT	PACE	PACE

**Virginia Swimming, Inc.**  
**Long Course Age Group Championships**  
 Friday - July 21, 2006

Warm-Ups - Morning 11 & Over PRELIMINARY Session

Lane	1	2	3	4	5	6	7	8	9	10
7:00 AM to 7:30 AM	NOVA	NOVA	NOVA	NOVA	CCA VACS	LY TAC TPHN	TIDE BAC	SQST WST	BASS QS TCAC	RAYS CYAC RACE
7:30 AM to 8:00 AM	ODAC OBX VSTP	PSDN LASO	PSDN	CGBD	CGBD	QDD	WAC	WAC SWAT PWSC	GATR FAST	HA SMAC VAST SEVA

Warm-Ups - Afternoon 10 & Under FINAL Session

Lane	1	2	3	4	5	6	7	8	9	10
12:30 PM to 1:00 PM	TAC FAST BASS CCA	QDD SMAC TCAC UNAT	NOVA	NOVA	GATR	PSDN	WAC TIDE	RAYS SQST SEVA	ODAC CGBD LY	SWAT VAST PWSC QS TSU VACS

Warm-Ups - Evening 11 & Over FINAL Session

Lane	1	2	3	4	5	6	7	8	9	10
4:30 PM to 5:00 PM	General	General	General	General	General	General	General	General	General	General
5:00 PM to 5:20 PM	PACE	SPRINT	SPRINT	General	General	General	General	General	SPRINT	PACE

**Virginia Swimming, Inc.**  
**Long Course Age Group Championships**  
 Saturday - July 22, 2006

Warm-Ups - Morning 11 & Over PRELIMINARY Session

Lane	1	2	3	4	5	6	7	8	9	10
7:00 AM to 7:30 AM	ODAC OBX VSTP	PSDN LASO	PSDN	CGBD	CGBD	QDD	WAC	WAC SWAT PWSC	GATR FAST	HA SMAC VAST SEVA
7:30 AM to 8:00 AM	NOVA	NOVA	NOVA	NOVA	CCA VACS	LY TAC TPHN	TIDE BAC	SQST WST	BASS QS TCAC	RAYS CYAC RACE

Warm-Ups - Afternoon 10 & Under FINAL Session

Lane	1	2	3	4	5	6	7	8	9	10
1:30 PM to 2:00 PM	TAC FAST BASS CCA	QDD SMAC TCAC UNAT	NOVA	NOVA	GATR	PSDN	WAC TIDE	RAYS SQST SEVA	ODAC CGBD LY	SWAT VAST PWSC QS TSU VACS

Warm-Ups - Evening 11 & Over FINAL Session

Lane	1	2	3	4	5	6	7	8	9	10
4:30 PM to 5:00 PM	General	General	General	General	General	General	General	General	General	General
5:00 PM to 5:20 PM	PACE	SPRINT	SPRINT	General	General	General	General	General	SPRINT	PACE

**Virginia Swimming, Inc.**  
**Long Course Age Group Championships**  
 Sunday - July 23, 2006

Warm-Ups - Morning 11 & Over PRELIMINARY Session

Lane	1	2	3	4	5	6	7	8	9	10
7:00 AM to 7:30 AM	NOVA	NOVA	NOVA	NOVA	CCA VACS	LY TAC TPHN	TIDE BAC	SQST WST	BASS QS TCAC	RAYS CYAC RACE
7:30 AM to 8:00 AM	ODAC OBX VSTP	PSDN LASO	PSDN	CGBD	CGBD	QDD	WAC	WAC SWAT PWSC	GATR FAST	HA SMAC VAST SEVA

Warm-Ups - Afternoon 10 & Under FINAL Session

Lane	1	2	3	4	5	6	7	8	9	10
12:15 PM to 12:45 PM	TAC FAST BASS CCA	QDD SMAC TCAC UNAT	NOVA	NOVA	GATR	PSDN	WAC TIDE	RAYS SQST SEVA	ODAC CGBD LY	SWAT VAST PWSC QS TSU VACS

Warm-Ups - Afternoon 13 – 14 800 Free FINAL Session

Lane	1	2	3	4	5	6	7	8	9	10
2:45 PM to 3:15 PM	General	General	General	General	General	General	General	General	General	General

Warm-Ups - Evening 11 & Over FINAL Session

Lane	1	2	3	4	5	6	7	8	9	10
5:00 PM to 5:30 PM	General	General	General	General	General	General	General	General	General	General
5:30 PM to 5:50 PM	PACE	SPRINT	SPRINT	General	General	General	General	General	SPRINT	PACE