

2008 Virginia Swimming SC Age Group Championships WARM-UP SCHEDULE

Thursday, March 13th Distance Session

Pool 1 (Competition Pool)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:30 PM	GATR	GATR	SQST	SQST	NOVA	NOVA	NOVA	NOVA
4:30-5 PM	CCA	CGBD	ODAC	WAC	BAC VAST	TIDE	TIDE	TIDE

Pool 2 (Warm-up Pool)

	Lane 1	Lane 2	Lane 3	Lane 4
4:00-4:30 PM	PSDN	PSDN	SHKS RAYS	QDD VACS
4:30-5 PM	OBX SMAC SWAT	SEVA TCAC CVA	TAC LASO	BASS VSTP

Friday, March 14th Prelims

Pool 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25 AM	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:25-7:50 AM	PSDN	PSDN	PSDN	PSDN	SQST	SQST	SQST	SEVA
7:50-8:15 AM	TSU VSTP	SHKS	SHKS RPST	TAC	TAC HA	VAST RACE	STAT	STAT US

Pool 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25 AM	NOVA	NOVA	CGBD	CGBD	CGBD	CGBD	CGBD	LASO SGY SCAT
7:25-7:50 AM	TIDE	TIDE	TIDE	BASS	BASS CVA	TCAC WST	RAYS	RAYS
7:50-8:15 AM	WAC	WAC	SWAT	BAC	SMAC	PATS	PATS NSD	VACS

Pool 3

	Lane 1	Lane 2	Lane 3	Lane 4
7:00-7:25 AM	GATR	GATR	GATR	GATR
7:25-7:50 AM	QDD	QDD OBX	CCA	CCA
7:50-8:15 AM	ODAC	ODAC	ODAC	PWSC PYAC

Saturday, March 15th Prelims

Pool 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25 AM	TSU VSTP DC	SHKS	SHKS RPST	TAC	TAC FUAC	VAST RACE	STAT	STAT US
7:25-7:50 AM	PSDN	PSDN	PSDN	PSDN	SQST	SQST	SQST	SEVA HA
7:50-8:15 AM	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA

Pool 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25 AM	ODAC	ODAC	ODAC	CVA PYAC	PWSC	PATS	PATS NSD	VACS
7:25-7:50 AM	GATR	GATR	GATR	SMAC	QDD	QDD OBX	CCA	CCA
7:50-8:15 AM	NOVA	NOVA	CGBD	CGBD	CGBD	CGBD	BAC	BAC UNAT

Pool 3

	Lane 1	Lane 2	Lane 3	Lane 4
7:00-7:25 AM	TIDE	TIDE	TIDE	TCAC WST
7:25-7:50 AM	BASS	BASS	RAYS	RAYS
7:50-8:15 AM	WAC	WAC	SWAT	LASO SCAT FAST

Sunday, March 16th Prelims

Pool 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25 AM	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:25-7:50 AM	PSDN	PSDN	PSDN	PSDN	SQST	SQST	SQST	SEVA
7:50-8:15 AM	TSU VSTP	SHKS	SHKS RPST	TAC	TAC HA	VAST RACE	STAT	NSD US

Pool 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25 AM	NOVA	NOVA	CGBD	CGBD	CGBD	CGBD	FUAC FAST	LASO SGY SCAT
7:25-7:50 AM	TIDE	TIDE	TIDE	BASS	BASS CVA	TCAC WST	RAYS	RAYS
7:50-8:15 AM	WAC	WAC	SWAT	BAC	SMAC	PATS	PATS	VACS

Pool 3

	Lane 1	Lane 2	Lane 3	Lane 4
7:00-7:25 AM	GATR	GATR	GATR	GATR
7:25-7:50 AM	QDD	QDD OBX	CCA	CCA
7:50-8:15 AM	ODAC	ODAC	ODAC	PWSC PYAC