

VIRGINIA SWIMMING AGE GROUP CHAMPIONSHIP 2007
WARM-UP FRIDAY, JULY 20,2007

Team	Morning Time	Lane,	Afternoon Time	Lane
BAC	7:30 - 8:00	7		
BASS	7:30 - 8:00	6		
CCA	7:30 - 8:00	4	1:00 - 1:30	6
CGBD	7:00 - 7:30	4,5	1:00 - 1:30	4
CYAC	7:00 - 7:30	8		
FAST				
GATR	7:30 - 8:00	6	1:00 - 1:30	8
HA	7:30 - 8:00	1		
LY	7:30 - 8:00	6	1:00 - 1:30	8
NOVA	7:00 - 7:30	1,2,3	1:00 - 1:30	1,2
NSD			1:00 - 1:30	7
OBX	7:00 - 7:30	8	1:00 - 1:30	3
ODAC	7:30 - 8:00	1	1:00 - 1:30	7
PSDN	7:00 - 7:30	6,7	1:00 - 1:30	6
PWSC				
PYAC	7:00 - 7:30	8	1:00 - 1:30	5
QDD	7:30 - 8:00	2	1:00 - 1:30	5
RAYS	7:30 - 8:00	4	1:00 - 1:30	6
RPST	7:00 - 7:30	8		
SEVA	7:30 - 8:00	3	1:00 - 1:30	4
SHKS	7:30 - 8:00	3		
SMAC	7:30 - 8:00	5	1:00 - 1:30	4
SQST	7:30 - 8:00	5	1:00 - 1:30	5
SWAT	7:30 - 8:00	7	1:00 - 1:30	6
TAC	7:30 - 8:00	7	1:00 - 1:30	5
TCAC	7:30 - 8:00	7	1:00 - 1:30	4
TIDE	7:00 - 7:30	8	1:00 - 1:30	3
TSU	7:00 - 7:30	8		
UNAT	7:00 - 7:30	8	1:00 - 1:30	8
UNOVA			1:00 - 1:30	2
URPST	7:00 - 7:30	8		
US	7:30 - 8:00	2		
UTAC	7:30 - 8:00	7		
VACS	7:30 - 8:00	5	1:00 - 1:30	3
VAST			1:00 - 1:30	3
WAC	7:30 - 8:00	3	1:00 - 1:30	7
WST	7:30 - 8:00	3		