

**2010 Age Group Champs, 3/18-3/21
Freedom Aquatics Center, Manassas, VA
Warm Up Schedule**

Thursday Timed Finals

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00 - 4:30	GATR W/ BASS	GATR	WAC	WAC W/ VACS W/ VAST	BAC	BAC W/ SHKS	RAYS	RAYS W/ US W/ PWSC
4:30 - 5:00	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	QDD	QDD W/ VSTP

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4
4:00 - 4:30	CGBD	SMAC	TAC	QSTS
4:30 - 5:00	CCA W/ ODAC	PSDN W/ STAT	SEVA W/ LASO W/ OBX	TCAC W/ TIDE W/ TSU W/ HOKI

2010 Age Group Champs, 3/18-3/21
Freedom Aquatics Center, Manassas, VA
Warm Up Schedule

FRIDAY AM Prelims

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:00 - 7:25 am	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:25 - 7:50	US W/ RPST	US	GATR	GATR	GATR	PSDN	PSDN	PSDN	PSDN
7:50 - 8:15	BASS	BASS	BASS	BASS	CGBD	CGBD	CGBD	CGBD	PWSC

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 - 7:25 am	SHKS	CCA	CCA	WAC	WAC	WAC	NOVA	NOVA
7:25 - 7:50	TCAC W/ DC	SMAC	SMAC	TAC	TAC	RACE	VSTP	YGR W/ WST
7:50 - 8:15	SEVA W/ TSU	SEVA	SEVA	RAYS	RAYS	TIDE	TIDE	TIDE W/ LASO

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 - 7:25 am	STAT W/ SCAT	STAT	VACS	BAC	BAC
7:25 - 7:50	ODAC	ODAC	ODAC	QDD	QDD W/ VAST
7:50 - 8:15	QSTS	QSTS	QSTS	HOKI	HOKI W/ OBX

**2010 Age Group Champs, 3/18-3/21
Freedom Aquatics Center, Manassas, VA
Warm Up Schedule**

Saturday Prelims

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:00 - 7:25 am	SHKS	SHKS	BASS	BASS	BASS	CGBD	CGBD	CGBD	CGBD W/ DC
7:25 - 7:50	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:50 - 8:15	WAC	WAC	WAC	VACS	RACE W/ TSU	PSDN	PSDN	PSDN	PSDN

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 - 7:25 am	ODAC W/ OBX	ODAC	ODAC	SMAC	SMAC	QSTS	QSTS	QSTS
7:25 - 7:50	RAYS	RAYS	RAYS	TIDE	TIDE	TIDE	NOVA	NOVA
7:50 - 8:15	WST W/ YGR	SEVA	SEVA	SEVA	TAC	TAC	STAT	STAT W/ TCAC

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 - 7:25 am	VAST W/ VSTP	US	QDD	QDD	PWSC
7:25 - 7:50	HOKI W/ RPST	HOKI	BAC	BAC	BAC W/ LASO
7:50 - 8:15	GATR	GATR	GATR	CCA	CCA W/ SCAT

**2010 Age Group Champs, 3/18-3/21
Freedom Aquatics Center, Manassas, VA
Warm Up Schedule**

SUNDAY Prelims

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:00 - 7:25 am	CCA W/ OBX	CCA	RACE	VAST W/ YGR	STAT	STAT	RAYS	RAYS	RAYS
7:25 - 7:50	ODAC W/ TCAC	ODAC	ODAC	CGBD	CGBD	CGBD	CGBD	HOKI	HOKI W/ RPST
7:50 - 8:15	NOVA	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	BAC W/ TSU	BAC	BAC	QDD	QDD	TAC	TAC	ACAST W/ SCAT W/ WST
7:25 - 7:50	QSTS	QSTS	QSTS	VACS	VACS	SEVA	SEVA	SEVA W/ VSTP
7:50 - 8:15	PSDN W/ DC	PSDN	PSDN	GATR	GATR	GATR W/ LASO	NOVA	NOVA

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 - 7:25 am	TIDE	TIDE	TIDE	SHKS	SHKS
7:25 - 7:50	BASS	BASS	BASS	US	PWSC
7:50 - 8:15	WAC	WAC	WAC	SMAC	SMAC

**2010 Age Group Champs, 3/18-3/21
Freedom Aquatics Center, Manassas, VA
Warm Up Schedule**

Friday 10/unders

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
12:00 - 12:25	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
12:25 - 12:50	WAC	WAC	WAC	GATR	GATR	HOKI	US	QDD	QDD

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00 - 12:25	CGBD	CGBD	CGBD	BAC	BAC	CCA	CCA	BASS
12:25 - 12:50	QSTS	QSTS	RACE	RAYS	SEVA	SEVA	ODAC	STAT

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
12:00 - 12:25	Unattached	OBX	PSDN	PWSC W/ VYAC	RPST W/ YGR
12:25 - 12:50	TAC	TIDE	TIDE	SHKS	VSTP W/ ACAST

**2010 Age Group Champs, 3/18-3/21
Freedom Aquatics Center, Manassas, VA
Warm Up Schedule**

Saturday 10/unders

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
12:00 - 12:25	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
12:25 - 12:50	WAC	WAC	CCA	CCA	GATR	CGBD	CGBD	SEVA	BASS

POOL 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00 - 12:25								
12:25 - 12:50	HOKI W/ PSDN	RACE W/ STAT	TCAC W/ OBX	YGR	BAC	QDD W/ SHKS W/ Unattached	RAYS	TIDE

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
12:00 - 12:25					
12:25 - 12:50	QSTS	US W/ SMAC	PWSC W/ TAC	ODAC	VYAC W/ VSTP

**2010 Age Group Champs, 3/18-3/21
Freedom Aquatics Center, Manassas, VA
Warm Up Schedule**

Sunday 10/under

POOL 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
12:00 - 12:25	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	CGBD	CGBD
12:25 - 12:50	WAC W/ WST	WAC	CCA	CCA	GATR	GATR W/ HOKI	BAC	SEVA	SEVA W/ BASS

POOL 3

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
12:00 - 12:25	Warm Up and	PSDN W/ RACE	RAYS W/ VSTP	VYAC W/ US W/ RPST	PWSC W/ TCAC W/ OBX
12:25 - 12:50	Cool down for 1650 swimmers	TIDE	QDD W/ SHKS	YGR W/ ACST	STAT W/ TAC W/ ODAC