

Warm-up Schedule

SATURDAY MORNING						
Lane	7:00 – 7:15	7:15 – 7:30	7:30 – 7:45	7:45 – 8:00	8:00 – 8:15	8:15 – 8:30
1	FH	THAT	MRA	TVDC	BSRC	CORA
2	FH	THAT	MRA	TVDC	BSRC	GM
3	ARA	CRR	WELL	TDC	BSRC	CSC
4	ARA/BG	CRR	WELL	TDC	BSRC	BC
5	PC	HCC	KC	WSRC	WEM	MS
6	RKVL	HCC	KC	WSRC	CRA	ASH
7	RSRC	TFC	HCRA	AC	CRA	OC
8	TVW	TFC	HCRA	AC	CRA	ANT

SUNDAY MORNING						
Lane	7:00 – 7:15	7:15 – 7:30	7:30 – 7:45	7:45 – 8:00	8:00 – 8:15	8:15 – 8:30
1	MRA	BSRC	CRA	ASH	ARA	RKVL
2	MRA	BSRC	CRA	ASH	ARA	RKVL/BC
3	OC	BSRC	CRA	HCC	ARA	BG
4	OC	BSRC	CRA	HCC	HCRA	PC
5	TVDC	BSRC	ANT/TFC	CORA	HCRA	RSRC
6	GM	WSRC	WEM/WELL	CORA	KC	TVW
7	TDC	WSRC	FH	CRR	KC	TVW
8	AC	WSRC	CSC	CRR	MS	THAT

ANT	Antioch	KC	Kings Charter
AC	AshCreek	MRA	Mechanicsville
ASH	Ashland	MS	Milestone
ARA	Atlee	OC	Old Church
BG	Battlefield Green	PC	Pebble Creek
BC	Bell Creek	RSRC	Raintree
BSRC	Burkwood	RKVL	Rockville
CRA	Canterbury	TDC	The Dominion Club
CORA	Chestnut Oaks	TFC	The Federal Club
CRR	Church Run	TVDC	Tuckahoe Village Dolphin Club
CSC	Colonies	TVW	Tuckahoe Village West
FH	Fox Hall	THAT	Twin Hickory
GM	Goochland YMCA	WELL	Wellesley
HCC	Hanover Country Club	WEM	Wembly
HCRA	Hungary Creek	WSRC	Wyndham

For those who need alternate times for warming-up, the pool adjacent to the competition pool can be used for that purpose.

It is not for recreational use, and there is no diving allowed.