

# Warm-up Schedule

DAY 1						
COMPETITION POOL						
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	DIVING ONLY, PLEASE SHARE					
2	TDC	MS	OC	GM	THAT	BG
3	TDC	MS/TFC	OC	GM	THAT	WEM
4	AC	TFC	CRA	GM	THAT	WEM/HCRA
5	AC	TFC	CRA	GM/PC	THAT/KC	HCRA
6	WSRC	TWV	CRA	PC	KC	HCRA
7	WSRC	TWV	CRA	PC	KC	HCRA
8	WSRC	TWV	CRA	PC	KC	HCRA
WARM-UP POOL						
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	RVDC	CRR	BSRC	ARA	RSRC	WELL
2	RVDC	CRR	BSRC	ARA	RSRC	WELL
3	RVDC	CRR	BSRC	ARA	RSRC	FH/WELL
4	RVDC/CORA	CRR	BSRC	CSC	RSRC	FH
5	CORA	CRR	BSRC	CSC	RSRC	FH
6	CORA	CRR	BSRC	CSC	RSRC/ASH	FH
7	HCC	BC	BSRC	CSC	ASH	FH
8	MRA	BC	BSRC	CSC	ASH	FH

DAY 2					
COMPETITION POOL					
Lane	7:15 - 7:30	7:30 - 7:45	7:45 - 8:00	8:00 - 8:15	8:15 - 8:30
1	DIVING ONLY, PLEASE SHARE				
2	CRA	WEM	TWV	WSRC	MS
3	CRA	CRR	TWV	WSRC	MS
4	CRA	CRR	HCRA	WSRC	PC
5	CRA	CRR	HCRA	TDC	PC
6	CRA	CRR	HCRA	TDC	PC
7	CORA/CRA	CRR	HCRA	FH	BG
8	CORA/BC	WELL	AC	FH	BG
WARM-UP POOL					
Lane	7:15 - 7:30	7:30 - 7:45	7:45 - 8:00	8:00 - 8:15	8:15 - 8:30
1	BSRC	OC	ASH	CSC	RVDC
2	BSRC	OC	ASH	CSC	RVDC
3	BSRC	OC	ASH	CSC	RVDC
4	BSRC	GM	HCC	CSC/MRA	THAT
5	BSRC	GM	HCC	MRA	THAT
6	BSRC	GM	RSRC	MRA	THAT/KC
7	BSRC	GM	RSRC	ARA	KC
8	BSRC	TFC	RSRC	ARA	KC

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