

Warm-up Schedule

MONDAY 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	HCRA	KC	BG	MS	RSRC	WSRC
2	HCRA	KC	BG/PC	ASH	RSRC/ARA	WSRC
3	HCRA/CSC	TFC	PC	GM	ARA	WSRC
4	CSC	TFC	BSRC	GM	AC	TDC
5	CSC	TVW	BSRC	CRR	THAT	OC
6	FH	TVW/CRA	BSRC	CRR	THAT/RVDC	HCC/MRA
7	FH	CRA	BSRC	CRR	RVDC	CORA
8	FH	CRA	BSRC	CRR	WEM/BC	WELL

TUESDAY 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	WSRC	THAT	CRR	BSRC	CRA	HCRA
2	WSRC	THAT	CRR	BSRC	CRA	HCRA
3	CORA	THAT	CRR	BSRC	CRA	CSC
4	HCC	ASH	ARA	BSRC	TFC	CSC
5	WELL	ASH	ARA	BSRC	TFC	BG
6	AC	RVDC	ARA	BSRC	OC	FH
7	WEM	RVDC	MRA	TVW/BC	OC/PC	GM
8	TDC	MS	MRA	RSRC	PC	KC

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