

2017 VSA Warm-up Assignments

Lanes 0 & 1 (the two lanes closest to the windows) will be available for warm-up/warm-down during each sessions

Saturday Morning: 8 & Unders, 9 & 10 year olds

Coaches meeting at 7:45 AM

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	8:00-8:20	MIDD WST	WST	QST	CRVS	STS	TKS	WAT	WAT WIN	WIN	BTC	BTC	balcony
	8:20-8:40	EDGE	EDGE	EDGE	EDGE	TEST	TEST	TEST	TEST	STA	STA	STA	
	8:40-9:00	BCC	BCC	BCC	BENN	RUT	MMST RUT	TRI	TRI	VST	VST	BST	

Saturday Lunch: 500 Frees (no positive check-in required)

windows	11:30-11:55	All lanes open for circle swim										balcony
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Saturday Afternoon: 11 & 12s, 13 & 14s, 15 - 18s

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	12:45-1:45	TEST	TEST	TEST	TEST	BTC	BTC	BTC	VST	VST	STA	STA	balcony
	1:05-1:25	EDGE	EDGE	EDGE	EDGE	EDGE	CRVS MMST	BST	BST	BENN	ROCK STS	QST WIN	
	1:25-1:45	BCC	BCC	WST	WST	MIDD	MIDD RUT	RUT	TKS WAT	TKS	TRI	TRI	

Sunday Morning: 8 & Unders, 9 & 10 year olds

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	8:00-8:20	EDGE	EDGE	EDGE	EDGE	TEST	TEST	TEST	TEST	STA	STA	STA	balcony
	8:20-8:40	BCC	BCC	BCC	BENN	RUT	MMST RUT	TRI	TRI	VST	VST	BST	
	8:40-9:00	MIDD WST	WST	QST	CRVS	STS	TKS	WAT	WAT WIN	WIN	BTC	BTC	

Sunday Lunch: 200 Frees (no positive check-in required)

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	11:30-11:55	BCC TKS	BST	BTC	STS VST WIN	RUT	EDGE	EDGE	TEST	CRVS QST WST	TRI	BENN STA WAT	balcony

Sunday Afternoon: 11 & 12s, 13 & 14s, 15 - 18s

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	1:00-1:20	EDGE	EDGE	EDGE	EDGE	EDGE	CRVS MMST	BST	BST	BENN	ROCK STS	QST WIN	balcony
	1:20-1:40	BCC	BCC	WST	WST	MIDD	MIDD RUT	RUT	TKS WAT	TKS	TRI	TRI	
	1:40-2:00	TEST	TEST	TEST	TEST	BTC	BTC	BTC	VST	VST	STA	STA	