

# 2015 Tidewater Region Championship

February 27-March 1, 2015

## Friday Timed Final Session: Warm-up Assignments

1st Warm-up: 12:00 pm to 12:40 pm

2nd Warm-up: 12:40 pm to 1:20 pm

Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
1st Warm-Up (CGBD)						
2nd Warm-Up (ODAC)						
Lane 7	B	1st	1st	1st	1st	1st
1st Warm-Up (CGBD)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
2nd Warm-Up (ODAC)	L	TIDE	TIDE	WAC	WAC	WAC
Lane 6	K					
1st Warm-Up (CGBD)	H	2nd	2nd	2nd	2nd	2nd
2nd Warm-Up (ODAC)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 5	A					
1st Warm-Up (SEVA)	D	PSDN	PSDN	PSDN	PSDN	EF
2nd Warm-Up (TAC)	B					OBX
Lane 4	U					DC
1st Warm-Up (SEVA)	L					
2nd Warm-Up (TAC)	K					
Lane 3	H	1st	1st	1st	1st	1st
1st Warm-Up (SEVA)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
2nd Warm-Up (VYAC)	A	TIDE	TIDE	WAC	WAC	WAC
Lane 2	D					
1st Warm-Up (SEVA)	B	2nd	2nd	2nd	2nd	2nd
2nd Warm-Up (VYAC)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 1	L					
1st Warm-Up (SEVA)	K	PSDN	PSDN	PSDN	PSDN	EF
2nd Warm-Up (VYAC)	H					OBX
	E					DC
	A					
	D					

# Saturday Prelim Session: Warm-up Assignments

1st Warm-up: 7:00 am to 7:40 am

2nd Warm-up: 7:40 am to 8:20 am

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
1st Warm-Up (PSDN)	2nd Warm-Up (TAC)						
Lane 7		B	1st	1st	1st	1st	1st
1st Warm-Up (PSDN)	2nd Warm-Up (TAC)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	VYAC	VYAC	VYAC	CGBD	CGBD
Lane 6		K					
1st Warm-Up (PSDN)	2nd Warm-Up (TIDE)	H	2nd	2nd	2nd	2nd	2nd
		E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A					
		D	SEVA	SEVA	SEVA	SEVA	DC RACE
Lane 5		B					
1st Warm-Up (PSDN)	2nd Warm-Up (TIDE)	U					
		L					
		K					
Lane 4		H					
1st Warm-Up (ODAC)	2nd Warm-Up (WAC)	E					
		A					
		D					
Lane 3		B	1st	1st	1st	1st	1st
1st Warm-Up (ODAC)	2nd Warm-Up (WAC)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	VYAC	VYAC	VYAC	CGBD	CGBD
		K					
Lane 2		H	2nd	2nd	2nd	2nd	2nd
1st Warm-Up (ODAC)	2nd Warm-Up (WAC)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A					
		D	SEVA	SEVA	SEVA	SEVA	DC RACE
Lane 1							
1st Warm-Up (OBX/EF)	2nd Warm-Up (WAC)						

# Saturday Final Session: General Warm-up

General Warm-up: 4:30 pm to 5:00 pm

Specific Warm-up: 5:00 pm to 5:20 pm

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
General Warm-Up	Specific Warm-Up (Pace)						
Lane 7		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 6		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	K	General	General	General	General	General
Lane 5		H	Specific	Specific	Specific	Specific	Specific
General Warm-Up	Specific Warm-Up (Sprint)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 4		A	General	General	General	General	General
General Warm-Up	Specific Warm-Up (General)	D	General	General	General	General	General
Lane 3		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 2		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	K	General	General	General	General	General
Lane 1		H	Specific	Specific	Specific	Specific	Specific
General Warm-Up	Specific Warm-Up (Pace)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A	General	General	General	General	General
		D	General	General	General	General	General

# Sunday Prelim Session: Warm-up Assignments

1st Warm-up: 7:00 am to 7:40 am

2nd Warm-up: 7:40 am to 8:20 am

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
1st Warm-Up (WAC)	2nd Warm-Up (DC/EF)						
Lane 7		B	1st	1st	1st	1st	1st
1st Warm-Up (WAC)	2nd Warm-Up (CGBD)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	TIDE	TIDE	VYAC	VYAC	VYAC
Lane 6		K					VYAC
1st Warm-Up (WAC)	2nd Warm-Up (CGBD)						RACE
		H	2nd	2nd	2nd	2nd	2nd
		E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A					
		D	ODAC	ODAC	ODAC	TAC	TAC
							OBX
Lane 5		B					
1st Warm-Up (SEVA/WAC)	2nd Warm-Up (CGBD)	U					
		L					
		K					
Lane 4		H					
1st Warm-Up (SEVA)	2nd Warm-Up (PSDN)	E					
		A					
		D					
Lane 3		B	1st	1st	1st	1st	1st
1st Warm-Up (SEVA)	2nd Warm-Up (PSDN)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		L	TIDE	TIDE	VYAC	VYAC	VYAC
		K					VYAC
							RACE
Lane 2		H	2nd	2nd	2nd	2nd	2nd
1st Warm-Up (SEVA)	2nd Warm-Up (PSDN)	E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
		A					
		D	ODAC	ODAC	ODAC	TAC	TAC
							OBX
Lane 1							
1st Warm-Up (SEVA)	2nd Warm-Up (PSDN)						

# Sunday Final Session: General Warm-up

General Warm-up: 4:30 pm to 5:00 pm

Specific Warm-up: 5:00 pm to 5:20 pm

Lane 8		Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
General Warm-Up	Specific Warm-Up (Pace)						
Lane 7		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 6		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	K	General	General	General	General	General
Lane 5							
General Warm-Up	Specific Warm-Up (Sprint)	H	Specific	Specific	Specific	Specific	Specific
Lane 4		E	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
General Warm-Up	Specific Warm-Up (General)	A	General	General	General	General	General
Lane 3		D	General	General	General	General	General
General Warm-Up	Specific Warm-Up (General)						
Lane 2		B	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Sprint)	U	Warm-Up	Warm-Up	Warm-Up	Warm-Up	Warm-Up
Lane 1		L	General	General	General	General	General
General Warm-Up	Specific Warm-Up (Pace)	K	General	General	General	General	General