

Warm-Up Schedule and Lane Assignments – 2015 VSI Summer Awards
Friday, July 10, 2015

Friday, July 10, 2015 – Session: 1 Friday Morning - Session Start Time: 08:00 AM								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 st Warm-Up Session – 7:00 – 7:25 am								
Main Pool	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
Instructional	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	XXXXXXXXXX	XXXXXXXXXX
2 nd Warm-Up Session – 7:25-7:50 am								
Main Pool	BAC	QSTS	QSTS	QSTS	PSDN	PSDN	RAYS	RAYS
Instructional	BAC	QSTS	QSTS	PSDN	RAYS	RAYS	XXXXXXXXXX	XXXXXXXXXX

Friday, July 10, 2015 – Session: 2 Friday Afternoon - Session Start Time: 1:30 PM								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 st Warm-Up – 12:30-12:55 pm								
Main Pool	QSTS	QSTS	QSTS	PSDN	PSDN	PSDN/RACE	RAYS	RAYS
Instructional	QSTS	QSTS	PSDN	PSDN	RAYS	RAYS	XXXXXXXXXX	XXXXXXXXXX
2 nd Warm-Up – 12:55-1:20 pm								
Main Pool	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	BAC	BAC
Instructional	NOVA	NOVA	NOVA	NOVA	BAC	BAC	XXXXXXXXXX	XXXXXXXXXX

***In the event the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.*

**Warm-Up Schedule and Lane Assignments – 2015 VSI Summer Awards
Saturday, July 11, 2015**

Saturday, July 11, 2015 - Session: 3 Saturday Afternoon – Session Start Time: 08:00 AM								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 st Warm-Up Session – 7:00 – 7:25 am								
Main Pool	BAC	QSTS	QSTS	QSTS	PSDN	PSDN	RAYS/RACE	RAYS
Instructional	BAC	QSTS	QSTS	PSDN	RAYS	RAYS	XXXXXXXXXX	XXXXXXXXXX
2 nd Warm-Up Session – 7:25-7:50 am								
Main Pool	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
Instructional	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	XXXXXXXXXX	XXXXXXXXXX

Saturday, July 11, 2015 - Session: 4 Saturday Afternoon – Session Start Time: 1:30 PM								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 st Warm-Up – 12:30-12:55 pm								
Main Pool	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	BAC	BAC
Instructional	NOVA	NOVA	NOVA	NOVA	NOVA	BAC	XXXXXXXXXX	XXXXXXXXXX
2 nd Warm-Up – 12:55-1:20 pm								
Main Pool	QSTS	QSTS	QSTS	PSDN	PSDN	RAYS/RACE	RAYS	RAYS
Instructional	QSTS	QSTS	PSDN	PSDN	RAYS	RAYS	XXXXXXXXXX	XXXXXXXXXX

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**Warm-Up Schedule and Lane Assignments – 2015 VSI Summer Awards
Sunday, July 12, 2015**

Sunday, July 12, 2015 - Session: 5 Sunday Morning Day – Session Start Time: 8:00 AM								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 st Warm-Up Session – 7:00-7:25 am								
Main Pool	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
Instructional	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	XXXXXXXXXX	XXXXXXXXXX
2 nd Warm-Up Session – 7:25-7:50 am								
Main Pool	BAC	QSTS	QSTS	QSTS	PSDN	PSDN/RACE	RAYS	RAYS
Instructional	BAC/QSTS	QSTS	PSDN	PSDN	RAYS	RAYS	XXXXXXXXXX	XXXXXXXXXX

Sunday, July 12, 2015 - Session: 6 Sunday Afternoon Day – Session Start Time: 2:00 PM								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 st Warm-Up – 1:00-1:25 pm								
Main Pool	QSTS	QSTS	QSTS	PSDN	PSDN	PSDN	RAYS	RAYS
Instructional	QSTS	QSTS	PSDN	PSDN	RAYS	RAYS	XXXXXXXXXX	XXXXXXXXXX
2 nd Warm-Up – 1:25-1:50 pm								
Main Pool	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	BAC	BAC
Instructional	NOVA	NOVA	NOVA	NOVA	NOVA	BAC	XXXXXXXXXX	XXXXXXXXXX

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