

Virginia Swimming Region I Summer Awards Meet
Adjusted Session Schedule
(based on 671 swimmers)

Due to the number of swimmers entered in the meet, we have had to adjust the PM Session WU / Start Times. If the session is running on-time, we'll try to work in a 10-minute mid-session break for warm up in all sessions, including the distance events. We've also had to eliminate the relays. We're sorry for the inconvenience.

	Friday	Saturday	Sunday
AM	WU – 7:00am Start – 8:15am	WU – 7:00am Start – 8:15am	WU – 7:00am Start – 8:15am
PM	WU – 12:45pm Start – 1:45pm	WU – 1:00pm Start – 2:00pm	WU – 1:45pm Start – 2:45pm
Distance	X	WU – 5:50pm Start – 6:10pm	WU – 5:15am Start – 5:35pm

We are also planning, if things go well, to take a mid-session warm-up break of 10 minutes in each session, including the distance events.