

**2006 VIRGINIA SWIMMING
Tidewater Regional Championship
24-26 FEBRUARY 2006**

13&O WARM-UP SCHEDULE

TEAM	FRIDAY		SATURDAY		SUNDAY	
	SESSION 1 TIME	LANE	SESSION 4 TIME	LANE	SESSION 7 TIME	LANE
CGBD	6:45-7:10	1-4	6:45-7:10	1-4	6:45-7:10	1-4
CYAT	7:10-7:35	12	7:10-7:35	7	7:10-7:35	14
ODAC	7:10-7:35	9-11	6:45-7:10	6-8	7:10-7:35	5-7
PRO	.		7:10-7:35	12	7:10-7:35	8
PYAC	7:10-7:35	13	6:45-7:10	12	7:10-7:35	8
OBX	7:10-7:35	14	7:10-7:35	12	7:10-7:35	9
SEVA	6:45-7:10	9	7:10-7:35	8	6:45-7:10	8
TAC	6:45-7:10	10-11	6:45-7:10	13-14	7:10-7:35	10-11
TCAC	7:10-7:35	7-8	7:10-7:35	13-14	7:10-7:35	12-13
TIDE	7:10-7:35	1-3	7:10-7:35	9-11	7:10-7:35	1-4
TPHN	7:10-7:35	4-6	6:45-7:10	9-11	6:45-7:10	5-7
WAC	6:45-7:10	5-8	7:10-7:35	1-6	6:45-7:10	9-13
UNAT	.		6:45-7:10	12		

There are two 25 minute WU periods.

The first 20 minutes are for general workout in assigned lanes (Lanes 1-14).

The last 5 minutes are for racing starts with 25Y sprints in shared lanes (Lanes 1-8 only).

Lanes 1-8 are the Competition Course;
Lanes 9-14 are the WU/CD Lanes on the other side of the bulkhead.
(Lane 9 is next to the bulkhead.)

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12&Y WARM-UP SCHEDULE

	FRIDAY	SATURDAY	SUNDAY			
TEAM	SESSION 2		SESSION 5		SESSION 8	
	TIME	LANE	TIME	LANE	TIME	LANE
CGBD	12:45-1:10	5-7	12:45-1:10	9-11	12:45-1:10	9-12
CYAT	1:10-1:35	10	12:45-1:10	8	1:10-1:35	1
ODAC	1:10-1:35	1-3	1:10-1:35	5-7	1:10-1:35	9-11
PRO	1:10-1:35	13	1:10-1:35	12	1:10-1:35	2
PYAC	1:10-1:35	9	1:10-1:35	9	1:10-1:35	4
OBX	1:10-1:35	10	1:10-1:35	11	1:10-1:35	1
SEVA	12:45-1:10	8	12:45-1:10	3	12:45-1:10	8
TAC	1:10-1:35	7	1:10-1:35	8	1:10-1:35	12
TCAC	1:10-1:35	8	1:10-1:35	10	1:10-1:35	3
TIDE	1:10-1:35	1-3	1:10-1:35	1-4	1:10-1:35	5-8
TPHN	12:45-1:10	9-10	12:45-1:10	1-2	12:45-1:10	5-7
WAC	12:45-1:10	1-4	12:45-1:10	4-7	12:45-1:10	1-4
UNAT	1:10-1:35	12	1:10-1:35	13	1:10-1:35	2

There are two 25 minute WU periods.

The first 20 minutes are for general workout in assigned lanes (Lanes 1-8).

The last 5 minutes are for racing starts with 25Y sprints in assigned lanes (Lanes 1-8).