

VSI REGIONAL SUMMER AWARDS July 17, 2009

Warmups Session 1 - Friday Morning (Competition starts 8:15 am)										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
6:45	RAYS	RAYS	PWSC	PWSC	BASS	SQST	SQST	SQST	SQST	VSTP
7:10	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	STAT	STAT	SHKS	SHKS
7:35	QDD	CCA	YGR	VACS	SMAC	RPST	CYAC	HOKI	WST/CAST	UNAT/VAST

Lane Timer Assignments - Friday Morning Session 1, 12 & Under										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
TIMER	NOVA	SQST	NOVA	SHKS	NOVA	SQST	STAT	PWSC	BASS	NOVA
TIMER	NOVA	SQST	NOVA	CCA	NOVA	SQST	STAT	PWSC	SMAC	NOVA

Warmups Session 2 - Afternoon 13 & Older Not Before 12:15										
wu	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
# 1	RAYS	RAYS	RAYS	SHKS	SHKS	SMAC	HOKI	QDD	QDD	CCA
# 2	NOVA	NOVA	NOVA	NOVA	NOVA	STAT	STAT	PWSC	VACS	VSTP
# 3	SQST	SQST	SQST	SQST	YGR/WST	BASS	CAST/TSU	FUAC	CYAC/RPST	VAST/UNAT

Lane Timer Assignments - Friday Afternoon Session 2, 13 & Older										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
TIMER	SQST	NOVA	SHKS	SQST	NOVA	STAT	CCA	NOVA	SMAC	VACS
TIMER	SQST	VSTP	SHKS	SQST	NOVA	STAT	HOKI	NOVA	QDD	PWSC

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Warmups Session 3- Saturday Morning 12 & U (8:15 Competition)										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
6:45	RAYS	RAYS	SQST	SQST	SQST	SQST	STAT	CCA	QDD	SHKS
7:10	VACS	SMAC	HOKI	BASS	YGR	VAST	CYAC	RPST	WST	UNAT/PWSC
7:35	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	VSTP	CAST

Lane Timer Assignments - Saturday Morning Session 12 & U										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
Timer	NOVA	STAT	NOVA	SQST	NOVA	SQST	CCA	SHKS	SQST	NOVA
Timer	NOVA	BASS	NOVA	SQST	NOVA	SQST	CCA	SMAC	QDD	VACS

Warmups Session 4 - Afternoon 13 & Older Not Before 12:00										
wu	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
# 1	RAYS	RAYS	RAYS	SHKS	SHKS	SHKS	HOKI	QDD	QDD	STAT
# 2	NOVA	NOVA	NOVA	NOVA	NOVA	SQST	SQST	SQST	VACS/CYAC	VSTP/TSU
#3	BASS	PWSC	WST	FUAC	RPST	SMAC	VAST	CCA	YGR/UNAT	CAST

Lane Timer Assignments - Saturday Afternoon Session 4, 13 & Older										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
Timer	HOKI	STAT	NOVA	SHKS	SQST	NOVA	SHKS	QDD	NOVA	VSTP
Timer	VAC	STAT	NOVA	SHKS	SQST	NOVA	CCA	QDD	NOVA	YGR

<p>Session 4 - Saturday Distance Not Before 4:50 15 Minutes of Open Warmups following the conclusion of event 88</p>

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Warmups Session 5 - Sunday Morning 12 & U (8:15AM Competition)

Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
6:45	RAYS	RAYS	SQST	SQST	SQST	SQST	QDD	CCA	PWSC	SHKS
7:10	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	STAT	STAT
7:35	BASS	SMAC	VSTP	YGR	RPST	HOIK	VACS	WST	CYAC/FUAC	VAST/CAST/UNAT

Lane Timer Assignments - Sunday Morning Session 5, 12 & U

	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
Timer	STAT	NOVA	SQST	NOVA	SQST	NOVA	SQST	SHKS	BASS	NOVA
Timer	STAT	CCA	QDD	NOVA	SQST	PWSC	SQST	VACS	SMAC	NOVA

Warmups Session 6 - Sunday Afternoon 13 & Older Not Before 12:00

wu	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
# 1	RAYS	RAYS	RAYS	SQST	SQST	SQST	SQST	QDD	QDD	CCA
# 2	NOVA	NOVA	NOVA	NOVA	NOVA	SHKS	SHKS	HOKI	VACS	VSTP
#3	BASS	PWSC	YGR/CYAC	FUAC	RPST	SMAC	STAT	STAT	TSU/UNAT	VAST/CAST

Lane Timer Assignments - Sunday Afternoon 13 & Older Session 6

	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
Timer	QDD	NOVA	SQST	NOVA	SQST	NOVA	SHKS	STAT	CCA	HOKI
Timer	QDD	NOVA	SQST	NOVA	SQST	NOVA	SHKS	VACS	SMAC	YGR

Session 6 - Sunday Distance Not Before 3:45
15 Minutes of Open Warmups following the conclusion of event 126