

# 2011 VSI REGIONAL SUMMER AWARDS (CGBD)

Friday Morning Warmups (Competition start: 8:15 am)								
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
7:00-7:30 AM	BAC	SEVA RACE	SEVA	SEVA	CGBD	CGBD	CGBD	YGR OBX
7:30-8:00 AM	ODAC TCAC	ODAC	WAC VYAC	WAC	PSDN	PSDN TAC	TIDE VACS	TIDE
Friday Afternoon Warmups (Competition start: 1:45 pm)								
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
12:30-1:00 PM	WAC RACE	WAC	SEVA OBX	SEVA	SEVA	PSDN VYAC	PSDN	PSDN
1:00-1:30 PM	BAC	BAC	VACS BAC	CGBD SCSC	CGBD TCAC	TAC YGR	ODAC TIDE	ODAC
Saturday Morning Warmups (Competition start: 8:15 am)								
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
7:00-7:30 AM	YGR RACE	ODAC OBX	PSDN	PSDN	WAC TAC	WAC	BAC TIDE	BAC
7:30-8:00 AM	SEVA	SEVA	SEVA	SEVA VACS	CGBD VYAC	CGBD	CGBD	CGBD
Saturday Afternoon Warmups (Competition start: 1:45 pm)								
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
12:30-1:00 PM	VACS OBX	WAC VYAC	WAC	BAC	BAC	TAC BAC	ODAC	TIDE YGR
1:00-1:30 PM	SEVA SCSC	SEVA	SEVA	PSDN TCAC	PSDN	PSDN	CGBD RACE	CGBD
<b>Saturday Distance Warm-up will be not earlier than 4:00 pm</b> <b>(competition starts not earlier than 4:20 pm)</b> <b>15 minutes of open warm-ups + 5 minute break prior to the start of event #89</b>								
Sunday Morning Warmups (Competition start: 8:15 am)								
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
7:00-7:30 AM	WAC	WAC VYAC	PSDN	PSDN OBX	CGBD	CGBD	CGBD TCAC	BAC
7:30-8:00 AM	TAC RACE	TIDE	YGR	SEVA	SEVA	SEVA	ODAC VACS	ODAC
Sunday Afternoon Warmups (Competition start: 1:45 pm)								
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
12:30-1:00 PM	PSDN	PSDN	ODAC TCAC	ODAC	SEVA OBX	SEVA	SEVA	SEVA
1:00-1:30 PM	BAC	BAC	BAC RACE	WAC	CGBD	TAC VYAC	VACS SCSC	TIDE YGR
<b>Sunday Distance Warm-up will be not earlier than 4:00 pm</b> <b>(competition starts not earlier than 4:20 pm)</b> <b>15 Minutes of Open Warmups + 5 minute break prior to the start of event #127</b>								