

VSI REGIONAL SUMMER AWARDS

July 13-15, 2012

Warm - Up Schedule / Assignments

Warm - Up Session 1 - FRI 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
7:00	RAYS	RAYS	RAYS	RAYS	QSTS	QSTS	QSTS	RPST	RPST	RPST/WSST
7:20	CYAC	VSTP	SMAC	SMAC/BASS	RAPP	RAPP/QDD	QDD	QDD	SHARKS	TSU/PWSC
7:40	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA

Warm up Session 2- FRI Afternoon 13 & O Not Before 12:45 #2 WU will begin 30 min after start of #1 WU										
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	QSTS	QSTS	QSTS	QSTS/PWSC	SHKS	WST	RPST
# 2	NOVA	NOVA	NOVA	NOVA	NOVA	QDD	VSTP/RAPP	VSTP	SMAC/BASS	TSU/CYAC

Warm - Up Session 3 - SAT Morning 12 & U (Competition 8:15)										
	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
6:45	RAYS	RAYS	RAYS	RAYS	QSTS	QSTS	QSTS	QSTS	SMAC	SMAC
7:10	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:35	RPST	RPST	QDD	QDD	BASS/PWSC	CYAC	SHKS/WST	TSU/VSTP	RAPP	RAPP

Warm up Session 4 SAT afternoon 13 & O Not Before 12:45 #2 WU will begin 30min after start of #1 WU										
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	NOVA	NOVA	NOVA	NOVA	NOVA	QDD	RPST
# 2	QSTS	QSTS	QSTS	SHKS	SHKS/VSTP	VSTP	RAPP/BASS	CYAC/TSU	SMAC/PWSC	WST/GATR

Session 4 - Saturday Distance Note Before 4:00PM
15 Minutes of Open Warmups Following the Conclusion of Event 88
Swimmers must provide timers and lap counters for this session

Warm - Up Session 5 - SUN Morning 12 & U (Competition 8:15)

Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8	Ln 9	Ln 10
6:45	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
7:10	RAYS	RAYS	RAYS	RAYS	QDD	QDD	RAPP	RAPP	CYAC	BASS/WST
7:35	QSTS	QSTS	QSTS	SHKS	SMAC	SMAC	RPST	RPST	VSTP	TSU/PWSC

Warm Up Session 6 SUN Afternoon 13 & O Not before 12:45 #2 WU will begin 30 min after start of #1 WU

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	QDD	SHKS	RAPP/BASS	QSTS/TSU	QSTS	QSTS	QSTS
# 2	NOVA	NOVA	NOVA	NOVA	NOVA	SMAC	VSTP	WST	RPST/GATR	CYAC/PWST

Session 6 - Sunday Distance Not Before 3:30
15 Minutes of Open Warmups Following the Conclusion of Event 126
Swimmer must provide timers and lap counters