

| Friday  | 7:45-8:10  | 8:10-8:35                                | 8:35-9:00                             | 9:00-9:15       |
|---------|--|--|---------------------------------------|-----------------|
| Lane 1  | Madeira (12)                                     | Woodberry Forest (15)                    | Norfolk (42)                          | Relay Takeovers |
| Lane 2  | Flint Hill (19)                                  | Woodberry Forest (15)/RMA (6)            | Norfolk (42)                          | Relay Takeovers |
| Lane 3  | Flint Hill (19)                                  | St. Stephen's & St. Agnes (22)           | Norfolk (42)                          | One-Way Sprints |
| Lane 4  | Fork Union (6)/Williamsburg Christian (4)        | St. Stephen's & St. Agnes (22)           | Norfolk (42)                          | One-Way Sprints |
| Lane 5  | Fredericksburg Christian (9)/Faith Christian (1) | Hampton Roads (14)                       | Oakcrest (9)/New Community (1)        | One-Way Sprints |
| Lane 6  | Collegiate (33)                                  | Hampton Roads (14)/New Covenant (6)      | Benedictine/St Gertrude (8)           | One-Way Sprints |
| Lane 7  | Collegiate (33)                                  | Seton (24)                               | North Cross (9)/Oaktree (2)           | Relay Takeovers |
| Lane 8  | Collegiate (33)                                  | Seton (24)                               | Wakefield (13)                        | Relay Takeovers |
| Lane 9  | Saint John Paul (19)                             | St. Anne's-Belfield (12)                 | Covenant (17)                         | Continuous Swim |
| Lane 10 | Saint John Paul (19)                             | St. Christopher's & St. Catherine's (44) | Covenant (17)/Fishburne (5)           | Continuous Swim |
| Lane 11 | Norfolk Christian (10)                           | St. Christopher's & St. Catherine's (44) | Cape Henry (16)                       | Continuous Swim |
| Lane 12 | Christchurch (16)                                | St. Christopher's & St. Catherine's (44) | Cape Henry (16)/Steward (6)           | Continuous Swim |
| Lane 13 | Christchurch (16)/Veritas (8)                    | St. Christopher's & St. Catherine's (44) | Virginia Episcopal (18)               | Continuous Swim |
| Lane 14 | Potomac (19)                                     | Paul VI (25)                             | Virginia Episcopal (18)               | Continuous Swim |
| Lane 15 | Potomac (19)                                     | Paul VI (25)                             | Roanoke Catholic (11)                 | Continuous Swim |
| Lane 16 | Trinity Christian (11)                           | Paul VI (25)/Norfolk Collegiate (8)      | Bishop Ireton (20)                    | Continuous Swim |
| Lane 17 | Fredericksburg Academy (15)                      | Nansemond Suffolk (13)                   | Bishop Ireton (20)                    | Continuous Swim |
| Lane 18 | Trinity Episcopal (25)/Chatham (7)               | Bishop O'Connell (36)                    | Walsingham (7)/Hargrave (7)           | Continuous Swim |
| Lane 19 | Trinity Episcopal (25)                           | Bishop O'Connell (36)                    | Catholic High School (9)/Highland (3) | Continuous Swim |
| Lane 20 | Trinity Episcopal (25)                           | Bishop O'Connell (36)                    | Peninsula Catholic (14)               | Continuous Swim |

| Saturday | 7:45-8:10                                  | 8:10-8:35                                | 8:35-9:00                                | 9:00-9:15       |
|----------|--|--|--|-----------------|
| Lane 1   | Trinity Christian (11)                     | Bishop O'Connell (36)                    | St. Anne's-Belfield (12)                 | Relay Takeovers |
| Lane 2   | Cape Henry (16)                            | Bishop O'Connell (36)                    | Saint John Paul (19)                     | Relay Takeovers |
| Lane 3   | Cape Henry (16)/Fork Union (6)             | Bishop O'Connell (36)                    | Saint John Paul (19)/Faith Christian (1) | One-Way Sprints |
| Lane 4   | Walsingham (7)/RMA (6)                     | Paul VI (25)                             | Potomac (19)                             | One-Way Sprints |
| Lane 5   | Virginia Episcopal (18)                    | Paul VI (25)                             | Potomac (19)/New Community (1)           | One-Way Sprints |
| Lane 6   | Virginia Episcopal (18)                    | Paul VI (25)/Norfolk Collegiate (8)      | Norfolk Christian (10)                   | One-Way Sprints |
| Lane 7   | Covenant (17)                              | St. Christopher's & St. Catherine's (44) | Christchurch (16)                        | Relay Takeovers |
| Lane 8   | Covenant (17)/Steward (6)                  | St. Christopher's & St. Catherine's (44) | Christchurch (16)                        | Relay Takeovers |
| Lane 9   | Peninsula Catholic (14)                    | St. Christopher's & St. Catherine's (44) | Fredericksburg Academy (15)              | Continuous Swim |
| Lane 10  | Hargrave (7)/Fishburne (5)                 | St. Christopher's & St. Catherine's (44) | Trinity Episcopal (25)/Veritas (8)       | Continuous Swim |
| Lane 11  | Nansemond Suffolk (13)                     | Hampton Roads (14)                       | Trinity Episcopal (25)                   | Continuous Swim |
| Lane 12  | Norfolk (42)                               | Hampton Roads (14)/North Cross (9)       | Trinity Episcopal (25)                   | Continuous Swim |
| Lane 13  | Norfolk (42)                               | Woodberry Forest (15)                    | Fredericksburg Christian (9)             | Continuous Swim |
| Lane 14  | Norfolk (42)                               | Woodberry Forest (15)/New Covenant (6)   | Collegiate (33)                          | Continuous Swim |
| Lane 15  | Norfolk (42)                               | St. Stephen's & St. Agnes (22)           | Collegiate (33)                          | Continuous Swim |
| Lane 16  | Catholic High School (9)                   | St. Stephen's & St. Agnes (22)           | Collegiate (33)                          | Continuous Swim |
| Lane 17  | Benedictine & St Gertrude (8)/Highland (3) | Seton (24)                               | Madeira (12)                             | Continuous Swim |
| Lane 18  | Roanoke Catholic (11)                      | Seton (24)                               | Chatham (7)/Williamsburg Christian (4)   | Continuous Swim |
| Lane 19  | Oakcrest (9)/Oaktree (2)                   | Bishop Ireton (20)                       | Flint Hill (19)                          | Continuous Swim |
| Lane 20  | Wakefield (13)                             | Bishop Ireton (20)                       | Flint Hill (19)                          | Continuous Swim |