

## Thursday Warmups

	<b>4-4:30</b>	<b>4:30-5</b>	<b>5-5:30</b>	<b>5:30-6</b>	<b>6-6:30</b>	<b>6:30-7</b>	<b>7-7:30</b>	<b>7:30-8</b>
<b>1</b>	Seton	SGHS/BCP	STAB	Madeira	Collegiate	Walsingham Academy	Veritas	Norfolk Christian
<b>2</b>	Seton	St Catherine's	STAB	Madeira	Collegiate	JPG	Fork Union	Ireton
<b>3</b>	PCHS	St Catherine's/St Christophers	Norfolk Academy	Christchurch	Norfolk Collegiate	JPG	Carmel School	Ireton
<b>4</b>	PCHS	St Christophers	Norfolk Academy	Trinity Episcopal	Virginia Episcopal	Flint Hill		Hargrave Military Academy
<b>5</b>	Oakcrest	Nansemond Suffolk	Norfolk Academy	Trinity Episcopal	Roanoke Catholic School	New Covenant		Williamsburg Christian Academy
<b>6</b>	Fredericksburg Christian	Nansemond Suffolk	Chatham Hall	The Covenant School	Cape Henry Collegiate			Fredericksburg Academy
<b>7</b>	Hampton Roads	The Potomac School	Woodberry Forest	The Covenant School	Cape Henry Collegiate			Fredericksburg Academy
<b>8</b>	Hampton Roads	The Potomac School						

Coaches packets will be available for pick-up during Thursday evening warm-ups. Bill Gill will be available to answer any pre-meet officiating questions.

If you would like one of the remaining open warm-up spaces, please email Kaitlyn McNutt [kaitlyn.mcnutt@bishopireton.org](mailto:kaitlyn.mcnutt@bishopireton.org). First come, first serve!

## Friday Prelim Warmups

*Claude Moore Rec Center pool will open at 7:00am*

	7:45-8:10	8:10-8:35	8:35-9:00
<b>Competition Pool</b>			
1	STAB	Fredericksburg Christian	Roanoke Catholic School
2	STAB/Chatham Hall	Christchurch	SGHS/BCP
3	Collegiate	St Christopher's/TNCS	Steward
4	Collegiate	St Christopher's	Veritas/Williamsburg Christian Academy
5	Collegiate	St Catherine's	Norfolk Academy
6	JPG	St Catherine's	Norfolk Academy
7	JPG/Fishburne	Nansemond	Norfolk Academy
8	Trinity Christian	Nansemond/Norfolk Collegiate	Norfolk Academy/FUMA
9	Trinity Christian	Walsingham Academy	Cape Henry
10	Norfolk Christian	Catholic High	Cape Henry
<b>Practice Pool</b>			
11	PVI	Virginia Episcopal	O'Connell
12	PVI	Virginia Episcopal/Greenbriar Christian	O'Connell
13	PVI/Seton	Hampton Roads	Potomac
14	Seton	Hampton Roads/Randolph Macon	Potomac
15	Seton	New Covenant/Highland	Flint Hill
16	SSSAS	Peninsula Catholic	Fredericksburg Academy
17	SSSAS/Woodberry Forest	Peninsula Catholic/Carmel School	Madeira
18	North Cross	The Covenant	Trinity Episcopal
19	Ireton	The Covenant	Trinity Episcopal
20	Ireton	The Covenant/Hargrave	Oakcrest

**Final Warm-up: 9:00-9:10am**

**Lanes 1,2+9,10 - Relay Starts**

**Lanes 3-8 - One way sprints**

**Lanes 11-14 – Continuous swim**

**Prelims start at 9:30am**

## Saturday Prelim Warmups

Claude Moore Rec Center pool will open at 6:45am

	7:10-7:35	7:35-8:00	8:00-8:25
<b>Competition Pool</b>			
1	Potomac	STAB	Virginia Episcopal
2	Potomac	STAB/Chatham Hall	Virginia Episcopal/Greenbriar Christian
3	The Covenant	Christchurch	PVI
4	The Covenant	Veritas/Williamsburg Christian	PVI
5	The Covenant/Hargrave	Trinity Christian	PVI/Seton
6	Flint Hill	Trinity Christian	Seton
7	O'Connell	SSSAS	Seton
8	O'Connell	SSSAS/Woodberry Forest	Norfolk Christian
9	Fredericksburg Academy	Peninsula Catholic	Ireton
10	Roanoke Catholic School	Peninsula Catholic/Carmel School	Ireton
<b>Practice Pool</b>			
11	Madeira	St Christopher's/TNCS	JPG
12	SGHS/BCP	St Christopher's	JPG/Fishburne
13	Oakcrest	St Catherine's	North Cross
14	Cape Henry	St Catherine's	Fredericksburg Christian
15	Cape Henry	Walsingham Academy	Nansemond
16	Trinity Episcopal	Norfolk Academy	Nansemond/Norfolk Collegiate
17	Trinity Episcopal	Norfolk Academy	Steward
18	Catholic High	Norfolk Academy	Collegiate
19	Hampton Roads	Norfolk Academy/FUMA	Collegiate
20	Hampton Roads/Randolph Macon	New Covenant/Highland	Collegiate

**Final Warm-up 8:25-8:50am**

**Lanes 1,2+9,10 - Relay Starts**

**Lanes 3-8 - One way sprints**

**Lanes 11-14 – Continuous swim**

**Prelims start: 9:00am**