

FRIDAY TEAM ASSIGNED WARM UPS

COMPETITION POOL

	Session I - 7:45-8:10AM	Session II - 8:10-8:35	Session III - 8:35-9:00 AM
Lane 1	Norfolk Academy	Seton	Norfol Christ/North Cross
Lane 2	Norfolk Academy	Seton	Episcopal HS
Lane 3	Norfolk Academy	St. Chris/St Cath	Stonebridge
Lane 4	Bishop Ireton	St Chris/St Cath	Flint Hill
Lane 5	Bishop Ireton	St Chris/ St Cath	Walsingham
Lane 6	St Step St Agnes	Nansemond Aca	Covenant
Lane 7	Potomac School	Collegiate	Covenant
Lane 8	Potomac School	Collegiate	PVI
Lane 9	Hampton Rds/Chat Hall	Collegiate	PVI

WARM UP POOL

	Session I - 7:45-8:10AM	Session II - 8:10-8:35	Session III - 8:35-9:00 AM
Lane 1	John P Great	VES	Frederickburg Academy
Lane 2	Benedict/St Gert	Woodberry	Williamsburg Christian
Lane 3	Oakcrest	Trinity Christian	Cape Henry
Lane 4	Madiera	Wakefield	Miller/ Carmel/New Comm
Lane 5	Peninsula Cath	Roanoke Cath	Steward School
Lane 6	FUMA	Hargrave	Catholic HS
Lane 7	Fred Christ	Christchurch	Fishburne/RMA
Lane 8	Veritas	STAB	NCOV/Rich Christ.
Lane 9	Oakcrest	NOCO	Highland
Lane 10	DJO	TES	
Lane 11	DJO	TES	

SATURDAY TEAM ASSIGNED WARM UPS

COMPETITION POOL

	Session I - 7:45-8:10AM	Session II - 8:10-8:35	Session III - 8:35-9:00 AM
Lane 1	Trinity Christian	Woodberry	DJO
Lane 2	Steward School	TES	DJO
Lane 3	Catholic HS	TES	DJO
Lane 4	RMA	STAB	Oakcrest
Lane 5	NCOV/Rich Christ.	Madiera	Hargrave/Wakefield
Lane 6	Frederickburg Academy	Fred Christ/Veritas	John P Great
Lane 7	Williamsburg Christian	Peninsula Cath	Benedict/St Gert
Lane 8	Cape Henry	VES	Roanoke Cath/ NOCO
Lane 9	Carmel/New Comm	Christchurch	FUMA/Highland

WARM UP POOL

	Session I - 7:45-8:10AM	Session II - 8:10-8:35	Session III - 8:35-9:00 AM
Lane 1	PVI	Seton	Norfolk Academy
Lane 2	PVI	Seton	Norfolk Academy
Lane 3	Walsingham	St. Chris/St Cath	Norfolk Academy
Lane 4	Walsingham	St Chris/St Cath	Bishop Ireton
Lane 5	Stonebridge	St Chris/ St Cath	Bishop Ireton
Lane 6	Episcopal HS	Covenant	Potomac School
Lane 7	Norfol Christ/North Cross	Covenant	Potomac School
Lane 8	Flint Hill	St Step St Agnes	Hampton Rds
Lane 9	Nansemond Aca	Collegiate	Chat Hall
Lane 10		Collegiate	
Lane 11		Collegiate	