

COMPETITION POOL

	4:00-4:30	4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00
Lane 1	Seton	St Chris/ St Cath	Collegiate	Trinity Episcopal	Madiera	Norfolk Christian
Lane 2	Seton	St Chris/ St Cath	Collegiate	Trinity Episcopal	Madiera	North Cross
Lane 3	St Step/St Agnes	St Chris/ St Cath	Collegiate	Christchurch	Bishop Ireton	Walsingham Acad
Lane 4	Virginia Episcop.	Potomac	Norfolk Acad	John Paul Great	Bishop Ireton	Walsingham Acad
Lane 5	Virginia Episcop.	Potomac	Norfolk Acad	John Paul Great	Bishop Ireton	Hargrave
Lane 6	Bishop O'Connell	Oakcrest	Norfolk Acad	Cape Henry	Veritas	Fredericksburg Ac.
Lane 7	Bishop O'Connell	Peninsula Cath.	Woodberry For.	Cape Henry	Fork Union	Episcopal
Lane 8	Bishop O'Connell	Covenant	Woodberry For.	St Paul VI	Williamsburg Christ.	Norfolk Collegiate
Lane 9	STAB	Covenant	Miller School	St Paul VI		Randolph Macon

WARM UP POOL

	4:00-4:30	4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00
Lane 1						
Lane 2				St. Paul VI		
Lane 3	Hampton Rds		Fred. Christian			
Lane 4	Trinity Christian		Fred. Christian			
Lane 5	Trinity Christian					
Lane 6	Chatham Hall					
Lane 7	Benen/St Gert					
Lane 8	Nan. Suff Acad					
Lane 9						
Lane 10						
Lane 11						