

**16th Annual VISAA Junior Varsity Invitational
January 28, 2023**

Warm-up Schedule

	Lane 9	Lane 10	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Session I - 1:00 - 1:150 p.m.	Seton (70)	Seton (70)	Seton (70)	Seton (70)	Seton (70)	Seton (70)	Seton (70)	Norfolk Academy (10)	Norfolk Academy/ Carmel (10 +12)	Carmel (12)
Session II - 1:15 - 1:30 p.m.	Oakcrest (24)	Oakcrest (24)	Oakcrest (24)	F'burg Christian (24)	F'burg Christian (24)	F'burg Christian (24)	Immanuel Christian (21)	Immanuel Christian (21)	Immanuel Christian (21)	Highland/New Community (7+1)
Session III - 1:30 - 1:45 p.m.	Veritas Collegiate (19)	Veritas Collegiate (19)	Veritas Collegiate (19)	Fork Union/ Hargrave (11+10)	Fork Union/ Hargrave (11+10)	Fork Union/ Hargrave (11+10)	Fresta Valley/ North Cross (11+5)	Fresta Valley/ North Cross (11+5)	WCA (17)	WCA (17)

Lane Assignments for Schools (2 Timers per Lane)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Highland	Oakcrest	Seton	F'burg Christian	Seton	Fresta Valley	Seton	Carmel/ Immanuel Christian

Timers Meeting at 1:25 p.m.

A note to unassigned schools: Please offer relief Timers as you are able. I know that halfway through the meet, it would be greatly appreciated. Relief Timers should also attend the Timers Meeting