

**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
<b>Session I - 1:00 - 1:150 p.m.</b>	Seton (70)	Seton (70)	Seton (70)	Seton (70)	Seton (70)	Seton (70)	Seton (70)	Norfolk Academy (10)	Norfolk Academy/ Carmel (10 +13)	Carmel (13)
<b>Session II - 1:15 - 1:30 p.m.</b>	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)
<b>Session III - 1:30 - 1:45 p.m.</b>	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*