

# Northern Virginia Catholic High School Invitational Championships

January 21, 2023

## Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
<b>Session I - 1:00 - 1:20 p.m.</b>	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 1 (31)	St. Gertrude (10)	Seton Group 2 (15)	Seton Group 2 (15)	Seton Group 4 (27)	Seton Group 4 (27)	Seton Group 4 (27)
<b>Session II - 1:20 - 1:40 p.m.</b>	Paul VI (50)	Paul VI (50)	Paul VI (50)	Paul VI (50)	Oakcrest (45)	Oakcrest (45)	Benedictine (10)	John Paul the Great (24)	John Paul the Great (24)	John Paul the Great (24)
<b>Session III - 1:40 - 2:00 p.m.</b>	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop Ireton (40)	Bishop Ireton (40)	Bishop Ireton (40)	Bishop Ireton (40)	Bishop Ireton (40)

	Lane 11	Lane 12	Lane 13	Lane 14
<b>Session I - 1:00 - 1:20 p.m.</b>	Seton Group 3 (18)	Seton Group 3 (18)	Seton Group 5 (14)	Seton Group 5 (14)
<b>Session II - 1:20 - 1:40 p.m.</b>	Paul VI (50)	Paul VI (50)	Oakcrest (45)	Oakcrest (45)
<b>Session III - 1:40 - 2:00 p.m.</b>	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)

## Lane Assignments for Schools (2 Timers per Lane)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
Paul VI	Bishop Ireton	Seton	Bishop O'Connell	Seton	Paul VI	Bishop Ireton	Oakcrest	St. John Paul the Great	St. Gertrude/ Benedictine