

**Seton December Invitational**  
**December 10, 2022**

**Warm-up Schedule**

	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	<b>Lane 9</b>	<b>Lane 10</b>
<b>Session I - 1:00 - 1:20</b>	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 1 (31)	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</b>	Immanuel Christian (36)	Immanuel Christian (36)	Immanuel Christian (36)	Immanuel Christian (36)	Immanuel Christian (36)	Immanuel Christian (36)	Woodberry Forest (20)	Woodberry Forest (20)	Woodberry Forest (20)	Woodberry Forest (20)
<b>Session III - 1:40 - 2:00</b>	Brookewood (6)	Fresta Valley (13)	Fresta Valley (13)	Fresta Valley (13)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)

	<b>Lane 11</b>	<b>Lane 12</b>	<b>Lane 13</b>	<b>Lane 14</b>
<b>Session I - 1:00 - 1:20</b>	Seton Group 3 (18)	Seton Group 3 (18)	Seton Group 5 (14)	Seton Group 5 (14)
<b>Session II - 1:20 - 1:40</b>	Covenant (24)	Covenant (24)	Covenant (24)	Open Warm- up
<b>Session III - 1:40 - 2:00</b>	Open Warm- up	Open Warm- up	Open Warm- up	Open Warm- up

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

<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	<b>Lane 9</b>	<b>Lane 10</b>
Fresta Valley	Brookewood	Seton	Immanuel Christian	Seton	Trinity Christian	Seton	Covenant	Immanuel Christian	Trinity Christian