

2nd Annual VCAC Conference Championship Meet
February 11, 2023

Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Session I - 1:00 - 1:20 p.m.	Seton (36)	Seton (36)	Seton (36)	Seton (36)	Seton (36)	St. John Paul the Great (24)	St. John Paul the Great (24)	St. John Paul the Great (24)
Session II - 1:20 - 1:40 p.m.	Oakcrest (18)	Oakcrest (18)	Oakcrest (18)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)
Session III - 1:40 - 2:00 p.m.	Fredericksburg Christian (36)	Fredericksburg Christian (36)	Fredericksburg Christian (36)	Fredericksburg Christian (36)	Fredericksburg Christian (36)	One-Ways	One-Ways	One-Ways

Lane Assignments for Schools (2 Timers per Lane)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	Trinity Christian	Oakcrest	Fredericksburg Christian	Seton	Trinity Christian	Oakcrest	St. John Paul the Great	Fredericksburg Christian