

**VCAC Regular Season Championship Invitational
January 7, 2023**

Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
Session I - 1:00 - 1:20 p.m.	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)
Session II - 1:20 - 1:40 p.m.	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Fred'burg Christian (44)	Fred'burg Christian (44)	Fred'burg Christian (44)	Fred'burg Christian (44)	Fred'burg Christian (44)	Fred'burg Christian (44)	Fred'burg Christian (44)
Session III - 1:40 - 2:00 p.m.	St. John Paul the Great (29)	St. John Paul the Great (29)	St. John Paul the Great (29)	Oakcrest (45)	Oakcrest (45)	Oakcrest (45)	Oakcrest (45)	Oakcrest (45)	Oakcrest (45)	Oakcrest (45)

	Lane 11	Lane 12	Lane 13	Lane 14
Session I - 1:00 - 1:20 p.m.	Seton Group 3 (18)	Seton Group 3 (18)	Seton Group 5 (14)	Seton Group 5 (14)
Session II - 1:20 - 1:40 p.m.	Trinity Christian (29)	Trinity Christian (29)	Open Warm- up	Open Warm- up
Session III - 1:40 - 2:00 p.m.	St. John Paul the Great (29)	St. John Paul the Great (29)	Open Warm- up	Open Warm- up

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
Oakcrest	St. John Paul the Great	Trinity Christian	Fred'burg Christian	Seton	Trinity Christian	Seton	St. John Paul the Great	Oakcrest	Fred'burg Christian