

## VISAA Division II Invitational Championship

February 4, 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 (38)	Seton (38)	Seton (38)	Seton (38)	Stonebridge (6) /Highland (3)	Carmel (9)	Fredericksburg Christian (29)	Fredericksburg Christian (29)	Fredericksburg Christian (29)	Miller School (9)
<b>Session II - 1:20 - 1:40 p.m.</b>	Trinity Christian (12)	Trinity Christian (12)	Steward (20)	Steward (20)	Steward (20)	Walsingham (21)	Walsingham (21)	Walsingham (21)	Williamsburg Christian (16)	Williamsburg Christian (16)
<b>Session III - 1:40 - 2:00 p.m.</b>	Christchurch (21)	Christchurch (21)	Christchurch (21)	Hampton Roads (13)	Hampton Roads (13)	Hargrave Military (20)	Hargrave Military (20)	Hargrave Military (20)	Covenant (17)	Covenant (17)

	Lane 11	Lane 12	Lane 13	Lane 14
<b>Session I - 1:00 - 1:20 p.m.</b>	Immanuel Christian (29)	Immanuel Christian (29)	Immanuel Christian (29)	Immanuel Christian (29)
<b>Session II - 1:20 - 1:40 p.m.</b>	Veritas (6)	Norfolk Collegiate (8)	Veritas Collegiate (10)	Virginia Episcopal (8)
<b>Session III - 1:40 - 2:00 p.m.</b>	Fresta Valley (10)	Nansemond- Suffolk (25)	Nansemond- Suffolk (25)	Nansemond- Suffolk (25)

### 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
	Steward/ Highland	Immanuel Christian	Fresta Valley	Fredericksburg Christian	Seton	Trinity Christian	Seton	Christchurch/ Walsingham	NSA/WCA	Covenant

Substitutes: HRA, HMA, NOCO, VES, Stonebridge, Veritas Collegiate, Veritas, Miller