

## 2024 VISAA Swimming and Diving Championship Warm-up Schedule



Thursday Evening (Feb 15th) Warm-up Schedule							
Lane	Session I 4:00-4:25 pm	Session II 4:25-4:50 pm	Session III 4:50-5:15 pm	Session IV 5:15-5:40 pm	Session V 5:40-6:05 pm	Session VI 6:05-6:30 pm	Session VII 6:30-7:00 pm
1	NCS! (10)	STAB (12)	POTO (26)	SSSA (14)	DJO (28)	WAKE (4)	WCA (4)/R-MA(5)
2	VES (11)	FCS (9)	POTO (26)	SSSA (14)	DJO (28)	WFS (11)	VRTS (8)
3	SST (28)/TSMV (8)	STCA (24)	COOL (32)	BI (28)	DJO (28)	WA (11)	HMA (7)/NOCO(1)/FVCS(1)
4	SST (28)	STCA (24)	COOL (32)	BI (28)	ICHS (15)	TES (22)	FH (21)
5	SST (28)	STC (19)	COOL (32)	BI (28)	ICHS (15)	TES (22)	FH (21)
6	FUMA (12)	STC (19)	PVI (30)	NA (49)	MAD (13)	SBS (5)/HRA (6)	NCS (12)
7	TCS! (20)	SGHS (9)	PVI (30)	NA (49)	MAD (13)	FA (10)	EHS (12)
8	TCS! (20)	BCP (8)	PVI (30)	NA (49)	OAK (12)	HMA (7)/CH (5)	NSA (13)
<b>Diving Well</b>	Diving	Diving	Diving	Diving	Diving	Diving	Diving

Friday Morning (Feb 16th) Preliminaries Warm-up Schedule					Saturday Morning (Feb 17th) Preliminaries Session Warm-up Schedule				
Lane	Session I 7:45-8:05 am	Session II 8:05-8:25 am	Session III 8:25-8:45 am	Open Warm-up 8:45-9:00 am	Lane	Session I 7:45-8:05 am	Session II 8:05-8:25 am	Session III 8:25-8:45 am	Open Warm-up 8:45-9:00 am
1	SGHS(9)/BCP(8)	SST (28)	WA (11)/HRA (6)	Relay Starts	1	CHS(10)/FVCS(1)/WAKE(4)	FCS(17)	PVI (28)	Relay Starts
2	COOL (32)	SST (28)/TSMV (8)	HMA (7)/RCS (6)	Relay Starts	2	EHS (12)/CCS (5)	ICHS (15)	PVI (28)	Relay Starts
3	COOL (32)/STEW (7)	OAK(12)/NOCO(1)/GCS(1)	FA (10)/R-MA (5)	One-Ways	3	JP (13)	POTO (26)	FH (21)/NCOV (6)	One-Ways
4	BI (28)/STEW (7)	STC/STCA (41)	MAD (13)	One-Ways	4	NCS (12)/NOCO (1)	POTO (26)	FH (21)/NCOV (6)	One-Ways
5	BI (28)	STC/STCA (41)	DJO (28)	One-Ways	5	NSA (13)/WCA (4)	NA (49)	TCS! (20)/PCHS(6)	One-Ways
6	SSSA (13)	STC/STCA (41)	DJO (28)	One-Ways	6	TCS(21)/VRTS (8)	NA (49)	TCS! (20)/PCHS(6)	One-Ways
7	FUMA (12)/CH (5)	STAB (12)	TES (22)	One-Ways	7	TCS(21)/VRTS (8)	NA (49)	DJO (28)	One-Ways
8	WFS (11)/KAA (1)	VES (11)/MSA (5)	TES (22)	Relay Starts	8	CHC (12)/HHWKS(1)/TCNS(1)	NCS! (10)/SBS(5)	DJO (28)	Relay Starts
9	PVI (28)	FCS(17)	CHS(10)/FVCS(1)/WAKE(4)	Continuous	9	WA (11)/HRA (6)	SST (28)	SGHS(9)/BCP(8)	Continuous
10	PVI (28)	ICHS (15)	EHS (12)/CCS (5)	Continuous	10	HMA (7)/RCS (6)	SST (28)/TSMV (8)	COOL (32)	Continuous
11	FH (21)/NCOV (6)	POTO (26)	JP (13)	Continuous	11	FA (10)/R-MA (5)	OAK(12)/NOCO(1)/GCS(1)	COOL (32)/STEW (7)	Continuous
12	FH (21)/NCOV (6)	POTO (26)	NCS (12)/NOCO (1)	Continuous	12	MAD (13)	STC/STCA (41)	BI (28)/STEW (7)	Continuous
13	TCS! (20)/PCHS(6)	NA (49)	NSA (13)/WCA (4)	Continuous	13	DJO (28)	STC/STCA (41)	BI (28)	Continuous
14	TCS! (20)/PCHS(6)	NA (49)	TCS(21)/VRTS (8)	Continuous	14	DJO (28)	STC/STCA (41)	SSSA (13)	Continuous
15	DJO (28)	NA (49)	TCS(21)/VRTS (8)	Continuous	15	TES (22)	STAB (12)	FUMA (12)/CH (5)	Continuous
16	DJO (28)	NCS! (10)/SBS(5)	CHC (12)/HHWKS(1)/TCNS(1)	Continuous	16	TES (22)	VES (11)/MSA (5)	WFS (11)/KAA (1)	Continuous

Friday Finals Swim Warm-up Schedule		
Lane	Open Warm-up 4:45-5:45 pm	Final Warm-up 5:45-6:00 pm
1	Open	Relay Starts
2	Open	Relay Starts
3	Open	One-Ways
4	Open	One-Ways
5	Open	One-Ways
6	Open	One-Ways
7	Open	Relay Starts
8	Open	Relay Starts
9	Open	Continuous
10	Open	Continuous
11	Open	Continuous
12	Open	Continuous
13	Open	Continuous
14	Open	Continuous
15	Open	Continuous
16	Open	Continuous

Saturday Finals Swim Warm-up Schedule		
Lane	Open Warm-up 2:40-3:15 pm	Final Warm-up 3:15-3:30 pm
1	Open	Relay Starts
2	Open	Relay Starts
3	Open	One-Ways
4	Open	One-Ways
5	Open	One-Ways
6	Open	One-Ways
7	Open	Relay Starts
8	Open	Relay Starts
9	Open	Continuous
10	Open	Continuous
11	Open	Continuous
12	Open	Continuous
13	Open	Continuous
14	Open	Continuous
15	Open	Continuous
16	Open	Continuous

Friday Diving Warm-up Schedule	
Girls Preliminaries Warm-up	8:00-9:30 am
Open Boards for Boys	12:00-2:00 pm
Girls Finals Warm-up	5:30-6:05 pm

Saturday Diving Warm-up Schedule	
Boys Preliminaries Warm-up	8:00-9:30 am
Boys Finals Warm-up	2:40-3:15 pm