

Northern Virginia Catholic High School Invitational Championships

January 20, 2024

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 (30)	Seton Group 1 (30)	Seton Group 1 (30)	Seton Group 1 (30)	Seton Group 1 (30)	Seton Group 2 (15)	Seton Group 2 (15)	Seton Group 3 (12)	Seton Group 3- 4 (12-13)	Seton Group 4 (13)
Session II - 1:20 - 1:40 p.m.	Paul VI (50)	Paul VI (50)	Paul VI (50)	Paul VI (50)	Oakcrest (45)	Oakcrest (45)	Oakcrest (45)	Oakcrest (45)	Benedictine (10)	Benedictine (10)
Session III - 1:40 - 2:00 p.m.	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop Ireton (40)	Bishop Ireton (40)	Bishop Ireton (40)	Bishop Ireton (40)	Bishop Ireton (40)

	Lane 11	Lane 12	Lane 13	Lane 14
Session I - 1:00 - 1:20 p.m.	Seton Group 4 (Hurley/Osilka) (14)	Seton Group 4- 5 (14-25)	Seton Group 5 (25)	Seton Group 5 (25)
Session II - 1:20 - 1:40 p.m.	Paul VI (50)	Paul VI (50)	Paul VI (50)	Paul VI (50)
Session III - 1:40 - 2:00 p.m.	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)	Bishop O'Connell (75)

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
Paul VI	Bishop Ireton	Seton	Bishop O'Connell	Seton	Paul VI	Bishop Ireton	Oakcrest	Bishop O'Connell	St. Gertrude/ Benedictine