

3rd Annual VCAC Conference Championship Meet
February 10, 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 (36) | 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) | St. John Paul the Great (24) |
| Session II - 1:20 - 1:40 p.m. | Immanuel Christian (30) | Immanuel Christian (30) | Immanuel Christian (30) | Immanuel Christian (30) | Immanuel Christian (30) | Trinity Christian (29) | Trinity Christian (29) | Trinity Christian (29) | Trinity Christian (29) | Trinity Christian (29) |
| Session III - 1:40 - 2:00 p.m. | Fredericksbur g Christian (30) | Fredericksbur g Christian (30) | Fredericksbur g Christian (30) | Fredericksbur g Christian (30) | Fredericksburg Christian (30) | Oakcrest (18) | Oakcrest (18) | Oakcrest (18) | Oakcrest (18) | Oakcrest (18) |

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 |
|----------------------|---------------|------------------------------|---------------|----------------------|----------------------------|-----------------------|---------------|----------------------------|-----------------------|
| Trinity Christian | Oakcrest | Fredericksbur g Christian | Seton | Trinity Christian | St. John Paul the Great | Immanuel Christian | Oakcrest | St. John Paul the Great | Immanuel Christian |