

5th Annual VCAC Regular Season Dual Meet Championship

January 3, 2026

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 (24)	Seton- Group 1 (24)	Seton-Group 1 (24)	Seton-Group 2 (24)	Seton-Group 2 (24)	Seton-Group 2 (24)	Seton-Group 3 (18)	Seton-Group 3 (18)	Seton-Group 4 (18)	Seton-Group 4 (18)
Session II - 1:20 - 1:40 p.m.	Immanuel Christian (40)	Immanuel Christian (40)	Immanuel Christian (40)	Immanuel Christian (40)	Immanuel Christian (40)	Fredericksbur g Christian (40)	Fredericksbur g Christian (40)	Fredericksburg Christian (40)	Fredericksburg Christian (40)	Fredericksburg Christian (40)
Session III - 1:40 - 2:00 p.m.	Trinity Christian School (30)	Trinity Christian School (30)	Trinity Christian School (30)	Trinity Christian School (30)	John Paul the Great (30)	John Paul the Great (30)	John Paul the Great (30)	John Paul the Great (30)	Oakcrest (30)	Oakcrest (30)

	Lane 11	Lane 12	Lane 13	Lane 14
Session I - 1:00 - 1:20 p.m.	Seton-Group 5 & 6 (30)	Seton- Group 5 & 6 (30)	Seton-Group 5 & 6 (30)	Seton-Group 5 & 6 (30)
Session II - 1:20 - 1:40 p.m.	Immanuel Christian (40)	Immanuel Christian (40)	Fredericksburg Christian (40)	Fredericksburg Christian (40)
Session III - 1:40 - 2:00 p.m.	Oakcrest (30)	Trinity Christian School (30)	John Paul the Great (30)	Open

Meet
Sponsored by:

John Paul
Design Build



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
Fredericksbur g Christian	John Paul the Great	Oakcrest	Immanuel Christian	Seton	Trinity Christian	Fredericksbur g Christian	John Paul the Great	Oakcrest	Immanuel Christian