

2010 VSA Warm-up Assignments

Lanes 0 & 1 (the two lanes closest to the windows) will be available for warm-up/warm-down during the meet sessions

Saturday Morning: 8 & Unders, 9 & 10 year olds

Coaches meeting at 7:45 AM

		<i>Lane 0</i>	<i>Lane 1</i>	<i>Lane 2</i>	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	8:00-8:20	STA ROCK	STA	MIDD	MIDD	MST	QST	TKS	WAT	WST	TEST	TEST STS	balcony
	8:20-8:40	BCC	BCC	BCC	BTC	BTC	BTC	CRVS	CRVS	TRI	TRI	WIN	
	8:40-9:00	BENN	EDGE	EDGE	KST	KST	RUT	RUT	BST	BST	VST	VST	

Saturday Lunch: 500 Frees (no positive check-in required)

		<i>Lane 0</i>	<i>Lane 1</i>	<i>Lane 2</i>	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	11:00-11:30	Nine lanes open for circle swim									Sprints only		balcony

Saturday Afternoon: 11 & 12s, 13 & 14s, 15 - 19s

		<i>Lane 0</i>	<i>Lane 1</i>	<i>Lane 2</i>	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	12:30-12:50	BCC	BCC	BCC	BTC	BTC	BTC	MIDD	MIDD	STS WIN	TRI	TRI	balcony
	12:50-1:10	BENN	BENN	CRVS	RUT	RUT	STA	STA	TEST	TEST	VST	VST	
	1:10-1:30	MST QST	BST	BST	EDGE	EDGE	KST	KST	WAT	WST	TKS	TKS ROCK	

Sunday Morning: 8 & Unders, 9 & 10 year olds

		<i>Lane 0</i>	<i>Lane 1</i>	<i>Lane 2</i>	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	8:00-8:20	BCC	BCC	BCC	BTC	BTC	BTC	CRVS	CRVS	TRI	TRI	WIN	balcony
	8:20-8:40	BENN	EDGE	EDGE	KST	KST	RUT	RUT	BST	BST	VST	VST	
	8:40-9:00	TEST ROCK	TEST	MIDD	MIDD	MST	QST	TKS	WAT	WST	STA	STA STS	

Sunday Lunch: 200 Frees (no positive check-in required)

		<i>Lane 0</i>	<i>Lane 1</i>	<i>Lane 2</i>	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	11:00-11:30	STS TEST	BCC WAT	BENN MIDD	BST	BTC	BTC	KST	RUT	CRVS TRI VST	QST ROCK STA	EDGE TKS WST	balcony

Sunday Afternoon: 11 & 12s, 13 & 14s, 15 - 19s

		<i>Lane 0</i>	<i>Lane 1</i>	<i>Lane 2</i>	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	12:30-12:50	MST QST	BST	BST	EDGE	EDGE	KST	KST	WAT	WST	TKS	TKS ROCK	balcony
	12:50-1:10	BCC	BCC	BCC	BTC	BTC	BTC	MIDD	STS	WIN	TRI	TRI	
	1:10-1:30	BENN	BENN	CRVS	RUT	RUT	STA	STA	TEST	TEST	VST	VST	