

2011 VSA Warm-up Assignments (Sunday AM revised 8/3 noon)

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

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

Coaches meeting at 7:45 AM

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

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

		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	11:15-11:40	Nine lanes open for circle swim									Sprints only		balcony

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

		Lane 0	Lane 1	Lane 2	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	UVAC	UVAC	MIDD	MIDD WIN	STS	balcony
	12:50-1:10	CRVS	KST	BENN	BENN	TEST	TEST	TEST	RUT	RUT	STA	STA	
	1:10-1:30	VST MST	VST	QST	BST	BST WST	WST	TKS	EDGE RAST	EDGE	TRI WAT	TRI	

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

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

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

		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	11:05-11:30	BCC	BENN MST	CRVS MIDD	EDGE TRI	RUT	STA VST	UVAC WIN	TEST WST	BTC	BST KST WAT	QST RAST TKS	balcony

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

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