

2022 UVAC Regionals Meet Warm-up Assignments

Friday Evening:

		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	5:00-5:25	UVAC	UVAC	UVAC	UVAC	ATST	ATST	ATST	ATST	CVSC STS	KYD	KYD PVA	balcony
	5:30-5:55	EDGE	EDGE	EDGE	EDGE	EDGE	GMA	GMA	GMA	GMA	GMA	BYD LRW	

Saturday Morning:

		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	8:15-8:35	UVAC	UVAC	UVAC	UVAC	UVAC	CTS STS	EDGE	EDGE	EDGE	EDGE	EDGE	balcony
	8:40-9:00	KYD	KYD	KYD	BYD	BYD	BYD	CVSC	CVSC	CVSC	LRW	NEK SJSC	
	9:05-9:25	ATST	ATST	ATST	ATST	ATST	CRVS	PVA UN	ORO	GMA	GMA	GMA	

Saturday Afternoon: 1st two warm-ups are for 10 & Unders only, 3rd warm-up is for 15-18 only.

		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
windows	1:15-1:35 10 & Unders	UVAC	UVAC	UVAC	PVA	BYD	BYD ORO	CRVS	CVSC	EDGE	EDGE	EDGE NEK SJSC	balcony
	1:40-2:00 10 & Unders	UVAC (15-18)	UVAC BYD (15-18)	GMA	GMA STS	KYD	KYD LRW	LRW	ATST	ATST	ATST	ATST	
	2:05-2:25 15-18 only	EDGE	EDGE	EDGE	GMA	GMA STS	ATST	CRVS	KYD	KYD	LRW PVA	NEK ORO SJSC	

Saturday Distance: Race heat will start no earlier than 5:15 – maximum of two heats

In warm-down lanes during afternoon session. Plus 3 lanes for fifteen minutes between end of afternoon session and start of distance heat. We may be using rest of the pool for time trials during those 15 minutes.

Sunday Morning:

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	8:15-8:35	UVAC	UVAC	UVAC	UVAC	UVAC	CTS STS	EDGE	EDGE	EDGE	EDGE	EDGE	balcony
	8:40-9:00	ATST	ATST	ATST	ATST	ATST	CRVS	PVA UN	ORO	GMA	GMA	GMA	
	9:05-9:25	KYD	KYD	KYD	BYD	BYD	BYD	CVSC	CVSC	CVSC	LRW	NEK SJSC	

Sunday Afternoon: 1st two warm-ups are for 10 & Unders only, 3rd warm-up is for 15-18 only.

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	1:15-1:35 10 & Unders	UVAC	UVAC	UVAC	PVA	BYD	BYD ORO	CRVS	CVSC	EDGE	EDGE	EDGE NEK SJSC	balcony
	1:40-2:00 10 & Unders	UVAC	UVAC BYD	GMA	GMA STS	KYD	KYD LRW	LRW	ATST	ATST	ATST	ATST	
	2:05-2:25 15-18 only	EDGE	EDGE	EDGE	GMA	GMA STS	ATST	CRVS	KYD	KYD	LRW PVA	NEK ORO SJSC	

Sunday Distance: Race heat will start no earlier than 5:00 – one heat total

In warm-down lanes during afternoon session. Plus 3 lanes for fifteen minutes between end of afternoon session and start of the distance heat. We may be using rest of the pool for time trials during those 15 minutes.