

Warm Up Schedule

Friday (Coaches Meeting 8:45) - @ VIRGINIA VALE SWIM CLUB

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00 – 8:25	Open	Open	Open	Open	Open	Open
8:25 – 8:50	STARTS	Open	Open	Open	Open	Open

Saturday (Coaches Meeting 8:15) - @ CRESTMOOR COMMUNITY ASSOCIATION

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:30 – 6:45	VVSC	VVSC	RAYS	RAYS	SKY	SKY
6:45 – 7:00	VVSC	VVSC	CCA	CCA	EAST	EAST
7:00 – 7:15	KCSC	KCSC	KCSC	AKST	AKST	AKST
7:15 – 7:30	GOLD	GOLD	GVR	GVR	SCCA	SCCA
7:30 – 7:45	BCST	BCST	BCST	CKST	5P	5P
7:45 – 8:00	GRST	GMST	NFG	VGW	STING	STING
8:00 – 8:15	HH BSB CST	FLRP GEN CHCC	BHST OBV WSST	PCST PCC WB	WAVES WAVE! AAC	WRP KF
8:15 – 8:20	Starts	Starts	Starts	Starts	Starts	Starts

Sunday (Coaches Meeting 8:15) - @ EASTMOOR SWIM AND TENNIS CLUB

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:20 – 6:40	VVSC	VVSC	SKY	SKY	RAYS	RAYS CCA
6:40 – 7:00	EAST	EAST	KCSC	KCSC	KCSC	HH
7:00 – 7:20	GMST	GMST	GMST	AKST	AKST	AKST
7:20 – 7:40	GOLD	GOLD	SCCA	STING	AAC	BCST
7:40 – 8:00	GVR	WAVE!	HILL	GRST	NFG	NFG
8:00 – 8:20	PCST	PCST CKST	5P	5P GM	WAVES KF PCC WRP	GEN RHCC VGW WB
8:15 – 8:20	Starts	Starts	Starts	Starts	Starts	Starts

Timing Schedule

Friday @ VIRGINIA VALE SWIM CLUB

Time	Backup	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9:00 – 10:30	VVSC	RAYS EAST	GOLD GVR	GMST VVSC	GMST 5P	KCSC SKY	KCSC PCST

Saturday @ CRESTMOOR COMMUNITY ASSOCIATION

Time	Backup	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:30 – 11:00	SKY	BCST CKST	BCST VGV	AKST EAST	AKST GOLD	5P GVR	5P GVR
11:00 – 1:30	GMST	SCCA GRST	SCCA STING	KCSC VVSC	KCSC VVSC	RAYS NFG	RAYS HH

Sunday @ EASTMOOR SWIM AND TENNIS CLUB

Time	Backup	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:30 – 11:00	AAC	AKST CCA	AKST BCST	GOLD 5P	GOLD GVR	GMST GRST	GMST HH
11:00 – 1:30	RAYS	NFG HILL	NFG STING	KCSC VVSC	KCSC PCST	SKY SCCA	SKY WAVE!

Team Abbreviations

5P – Five Parks Piranhas
AAC – Applewood Athletic Club
AKST – Applewood Knolls Swim Team
BCST – Bear Creek Swim and Tennis
BHST – Bucking Horse Swim Team
BSB – Bittersweet Barracudas
CCA – Crestmoor Community Association
CHCC – Cherry Hills Country Club
CKST – Columbine Knolls Swim Team
CST – Collindale Summer Swim Team
EAST – Eastmoor Swim and Tennis Club
FLRP – FLR Penguins
GEN – Genesee Mountain Thunder Swim Team
GM – Genesis Miramont Swim Team
GMST – Green Mountain Swim Team
GOLD – Golden Marlins
GRST – Grant Ranch Swim Team
GVR – Governor’s Ranch Gators Swim Team
HH – Huntington Hills Hurricanes
HILL – Hillside Swim Team
KCSC – Ken Caryl Lightning Swim Club
KF – Kelly Farm Swim Team
NFG – Nelson Farm Gators
OBV – Observatory Village
PCC – Pinehurst Country Club
PCST – Platte Canyon Piranhas
RAYS – Central Park Stingrays (Metro)
RHCC – The Club at Rolling Hills
SCCA – SCCA Sharks Swim Team
SKY – Skyline Sharks
STING – Stingrays
VGV – Village Green Velociraptors
VVSC – Virginia Vale Swim Club
WAVE! – Westfield Waves
WAVES – Wave Racers
WB – Woodbourne Wave Swim Team
WRP – Wheat Ridge Piranhas
WSST – Willow Springs Swim Team