

# Regional Championships Warm-up, Friday PM March 1, 2019

**Warm Up: 5:30 PM, Start: 6:30 PM**

Session1		5:30-5:55	Session 2		5:55-6:15
Lane	Age	Team	Lane	Age	Team
1	13/O	LEHY - 7	1	12/U	LEHY - 15
2	13/O	LEHY - 6	2	12/U	WHAT - 15
3	13/O	CAC - 3 GRIT - 3	3	12/U	MJCC - 11 SAQ - 2
4	13/O	GLAS - 2 SEAL - 2	4	12/U	OAK - 10 FVYT - 2
5	13/O	WWRX - 3 BEAR - 1 FVYT - 1	5	12/U	CAC - 6 GLAS - 5 BEAR - 2
6	13/O	MJCC - 2 IVY - 1 SAQ - 1 NCA - 1	6	12/U	IVY - 5 WWRX - 4 SEAL - 3

<b>Sprints</b>	<b>6:15-6:25</b>
<b>Lane1</b>	<b>Pace</b>
<b>Lane2</b>	<b>One Way Sprints</b>
<b>Lane3</b>	<b>One Way Sprints</b>
<b>Lane4</b>	<b>One Way Sprints</b>
<b>Lane5</b>	<b>One Way Sprints</b>
<b>Lane6</b>	<b>Circle</b>

# Regional Championships Warm-up, Saturday AM March 2, 2019

**Warm Up: 7:15 AM, Start Time: 8:35 AM**

Session 1			7:15 – 7:35			Session 1			7:35 – 7:55		
Lane	Age	Teams		Lane	Age	Teams					
1	12/U Girls	MJCC - 15		1	12/U Girls	FVYT -14					
2	12/U Girls	MJCC – 12 GLAS - 3		2	12/U Girls	FVYT – 6 NCA - 8					
3	12/U Girls	LEHY - 15		3	12/U Girls	IVY-14					
4	12/U Girls	LEHY – 5 CAT - 6 WWRX – 4		4	12/U Girls	IVY – 3 CAC - 11					
5	12/U Girls	WHAT – 10 GRIT - 3		5	12/U Girls	CAC – 5 SAQ - 7					
6	12/U Girls	SEAL - 12		6	12/U Girls	OAK -9 BEAR - 4					

Session 3			7:55 – 8:20		
Lane	Age	Teams			
1	13/O Boys	SAQ – 2 LEHY – 7			
2	13/O Boys	WWRX-6 NCA - 3			
3	13/O Boys	FVYT – 7 WHAT - 1			
4	13/O Boys	IVY – 5 CAC - 3			
5	13/O Boys	GLAS-7 SEAL - 1			
6	13/O Boys	GRIT – 4 MJCC - 5			

Sprints	8:20 – 8:30
Lane 1	Pace
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace

# Regional Championships Warm-up, Saturday PM March 2, 2019

**Warm Up: 1:00 PM, Start: 2:25 PM**

Session 1			1:00 – 1:20			Session 2			1:20 – 1:45		
Lane	Age	Teams	Lane	Age	Teams	Lane	Age	Teams			
1	12/U Boys	LEHY – 11 SAQ - 4	1	13/O Girls	LEHY-8						
2	12/U Boys	LEHY – 6 WWRX – 8 GRIT - 1	2	13/O Girls	LEHY-9						
3	12/U Boys	MJCC – 8 FVYT - 7	3	13/O Girls	LEHY-9						
4	12/U Boys	MJCC – 8 OAK - 7	4	13/O Girls	LEHY 5 CAC - 4						
5	12/U Boys	WHAT – 10 SEAL – 3 BEAR - 2	5	13/O Girls	WWRX - 7 IVY-3						
6	12/U Boys	CAC – 8 IVY - 7	6	12/U Boys	<b>1:25 – 1:45</b> GLAS – 8 NCA - 7						

Session 3			1:45 – 2:10		
Lane	Age	Teams	Lane	Age	Teams
1	13/O Girls	SEAL – 6 WHAT - 1			
2	13/O Girls	CAT – 6 NCA - 2			
3	13/O Girls	MJCC - 8			
4	13/O Girls	GLAS - 11			
5	13/O Girls	GRIT -10			
6	13/O Girls	SAQ – 3 FVYT – 4 BEAR - 1			

Sprints	2:10 – 2:20
Lane 1	Pace
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace

# Regional Championships Warm-up, Sunday AM March 3, 2019

**Warm-Up Time: 7:15 AM, Start Time: 8:35 AM**

Session 1			7:15 – 7:40			Session 2			7:40 – 8:00		
Lane	Age	Teams		Lane	Age	Teams					
1	13/O Boys	IVY – 3 FVYT - 6		1	12/U Girls	GLAS – 5 LEHY – 5 CAT - 4					
2	13/O Boys	MJCC – 5 GRIT - 4		2	12/U Girls	LEHY 15					
3	13/O Boys	WWRX – 6 SEAL - 1		3	12/U Girls	WWRX – 4 OAK - 9					
4	13/O Boys	GLAS-6 SAQ - 2		4	12/U Girls	FVYT - 15					
5	13/O Boys	CAC-5 NCA - 3		5	12/U Girls	MJCC-14					
6	13/O Boys	WHAT – 1 LEHY - 8		6	12/U Girls	MJCC-13					

Session 3			8:00 – 8:20		
Lane	Age	Teams			
1	12/U Girls	SAQ – 7 CAC- 5			
2	12/U Girls	CAC - 12			
3	12/U Girls	IVY-6 NCA - 8			
4	12/U Girls	IVY-13			
5	12/U Girls	GRIT – 3 SEAL - 12			
6	12/U Girls	BEAR – 4 WHAT - 10			

Sprints	8:20 – 8:30
Lane 1	Pace
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace

# Regional Championships Warm-up, Sunday PM March 3, 2019

**Warm-Up Time: 1:00 PM, Start: 2:25 PM**

Session 1			1:00 – 1:25			Session 2			1:25 – 1:50		
Lane	Age	Teams		Lane	Age	Teams		Lane	Age	Teams	
1	13/O Girls	LEHY 10		1	12/U Boys	1:30-1:50					
						CAC – 8 SAQ - 6					
2	13/O Girls	LEHY-11		2	13/O Girls	GLAS - 11					
3	13/O Girls	LEHY-11		3	13/O Girls	CAT - 9					
4	13/O Girls	WWRX – 7 SAQ - 3		4	13/O Girls	GRIT – 9 BEAR - 1					
5	13/O Girls	FVYT – 7 WHAT - 2		5	13/O Girls	SEAL – 6 IVY - 5					
6	13/O Girls	MJCC – 7 NCA – 2 CAC - 2		6	12/U Boys	1:30-1:50					
						NCA – 7 FVYT - 7					

Session 3			1:50-2:10		
Lane	Age	Teams			
1	12/U Boys	LEHY - 14			
2	12/U Boys	LEHY – 4 WWRX – 8 BEAR - 2			
3	12/U Boys	MJCC - 14			
4	12/U Boys	MJCC – 4 OAK – 7 GRIT - 2			
5	12/U Boys	GLAS – 9 IVY - 5			
6	12/U Boys	WHAT – 10 SEAL - 3			

Sprints	2:10 – 2:20
Lane 1	Pace
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace