

Regional Championships Warm-up, Friday PM February 28, 2020

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

Session 1			Session 2		
Lane	Age	5:30-5:55 Team	Lane	Age	5:55-6:15 Team
1	13/O	LEHY - 7	1	12/U	LEHY - 8
2	13/O	LEHY - 7	2	12/U	LEHY - 4 GLAS-2
3	13/O	LEHY-4 CAT-1 WWRX-2	3	12/U	WHAT -7
4	13/O	CAC-8	4	12/U	WWRX - 5 SAQ - 2
5	13/O	CAC-6 IVY-2	5	12/U	CAC - 10
6	13/O	SAQ-1 GLAS-6	6	12/U	IVY -6 FVY - 1

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

Regional Championships Warm-up, Saturday AM February 29, 2020

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	Lane	Age	Teams	Lane	Age	Teams
1	12/U Girls	LEHY -9	1	12/U Girls	SAQ-11	2	12/U Girls	FVYT -9	3	12/U Girls	FVYT-6 BEARS- 3
2	12/U Girls	LEHY- 8	2	12/U Girls		4	12/U Girls	IVY – 10	5	12/U Girls	IVY-10
3	12/U Girls	LEHY -8	3	12/U Girls		5	12/U Girls		6	12/U Girls	IVY-3 WHAT-6
4	12/U Girls	OAK- 11	4	12/U Girls							
5	12/U Girls	OAK-4 WWRX-6	5	12/U Girls							
6	12/U Girls	GLAS-2 NCA-8	6	12/U Girls							

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

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 February 29, 2020

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					
1	12/U Boys	LEHY-9		1	13/O Girls	LEHY-8					
2	12/U Boys	LEHY-8 SAQ-3		2	13/O Girls	LEHY-7					
3	12/U Boys	IVY-10		3	13/O Girls	LEHY-7					
4	12/U Boys	GLAS-7 OAK-3		4	13/O Girls	LEHY-7					
5	12/U Boys	WWRX-8 NCA-3		5	13/O Girls	LEHY-7					
6	12/U Boys	WHAT-5 FVYT-6		6	13/O Girls	FVYT-7					

Session 3			1:45 – 2:10		
Lane	Age	Teams			
1	13/O Girls	GLAS-9			
2	13/O Girls	IVY-5			
3	13/O Girls	WWRX-6			
4	13/O Girls	OAK-9			
5	13/O Girls	CAT-7			
6	13/O Girls	SAQ-2 NCA-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

Regional Championships Warm-up, Sunday AM March 1, 2020

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		Lane	Age	Teams	
1	13/O Boys	LEHY-10		1	12/U Girls	FVYT-11					
2	13/O Boys	FVYT-11		2	12/U Girls	FVYT-4 WWRX-6					
3	13/O Boys	WWRX-7 WHAT-2		3	12/U Girls	OAK-10					
4	13/O Boys	IVY-7 CAT-1		4	12/U Girls	OAK-5 BEAR-3					
5	13/O Boys	OAK-6 SAQ-5		5	12/U Girls	IVY-8					
6	13/O Boys	GLAS-6 NCA-4		6	12/U Girls	IVY-8					

Session 3			8:00 – 8:20		
Lane	Age	Teams			
1	12/U Girls	SAQ-11			
2	12/U Girls	NCA-7 GLAS-3			
3	12/U Girls	LEHY-12			
4	12/U Girls	LEHY-12			
5	12/U Girls	LEHY-3 CAT-8			
6	12/U Girls	WHAT-9			

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 1, 2020

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					
1	13/O Girls	LEHY-9		1	13/O Girls	GLAS-8					
2	13/O Girls	LEHY-9		2	13/O Girls	GLAS-3 CAT-6					
3	13/O Girls	LEHY-9		3	13/O Girls	IVY-6 WHAT-1					
4	13/O Girls	LEHY-8		4	13/O Girls	WWRX-7					
5	13/O Girls	OAK-8		5	13/O Girls	FVYT-7					
6	13/O Girls	SAQ-3 NCA-2 OAK-3		6	13/O Girls	FVYT-7					

Session 3			1:50-2:10		
Lane	Age	Teams			
1	12/U Boys	WWRX-8 OAK-3 CAT-1			
2	12/U Boys	GLAS-10 NCA-3			
3	12/U Boys	LEHY- 12			
4	12/U Boys	LEHY-6 WHAT-6			
5	12/U Boys	FVYT-13			
6	12/U Boys	IVY-8 SAQ-4			

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