

# Regional Championships Warm-up, Saturday AM February 25, 2023

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-6 HYR-2	1	12/U Girls	FVYT-9	1	12/U Girls	FVYT-9	1	12/U Girls	FVYT-9
2	12/U Girls	LEHY-8	2	12/U Girls	FVYT-5 SAQ-5	2	12/U Girls	FVYT-5 SAQ-5	2	12/U Girls	FVYT-5 SAQ-5
3	12/U Girls	LEHY-9	3	12/U Girls	WWRX-12	3	12/U Girls	WWRX-12	3	12/U Girls	WWRX-12
4	12/U Girls	SEALS-10	4	12/U Girls	GLAS-5 NCA-4	4	12/U Girls	GLAS-5 NCA-4	4	12/U Girls	GLAS-5 NCA-4
5	12/U Girls	IVY-8	5	12/U Girls	WHAT-3 OAK-5	5	12/U Girls	WHAT-3 OAK-5	5	12/U Girls	WHAT-3 OAK-5
6	12/U Girls	IVY-8	6	12/U Girls	OAK-8	6	12/U Girls	OAK-8	6	12/U Girls	OAK-8

Session 3			7:55 – 8:20		
Lane	Age	Teams	Lane	Age	Teams
1	13/O Boys	LEHY-7 SEALS-2	1	13/O Boys	LEHY-7 SEALS-2
2	13/O Boys	IVY-9 WHAT-1	2	13/O Boys	IVY-9 WHAT-1
3	13/O Boys	FVYT-4 GLAS-6	3	13/O Boys	FVYT-4 GLAS-6
4	13/O Boys	NCA-7 SAQ-2	4	13/O Boys	NCA-7 SAQ-2
5	13/O Boys	OAK-10	5	13/O Boys	OAK-10
6	13/O Boys	OAK-2 WWRX-7	6	13/O Boys	OAK-2 WWRX-7

Sprints	8:20 – 8:30
Lane 1	One Way Sprints
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 25, 2023

Warm Up: 12:15 PM, Start: 1:35 PM

Session 1			Session 2		
12:15 – 12:35			12:35 – 1:00		
Lane	Age	Teams	Lane	Age	Teams
1	12/U Boys	LEHY-11	1	13/O Girls	WWRX-2 LEHY-6
2	12/U Boys	LEHY-3 IVY-8	2	13/O Girls	LEHY-8
3	12/U Boys	FVYT-12	3	13/O Girls	IVY-8
4	12/U Boys	SEALS-8 WHAT-2	4	13/O Girls	IVY-7
5	12/U Boys	OAK-7 NCA-2	5	13/O Girls	OAK-7
6	12/U Boys	GLAS-6 SAQ-3 WWRX-1	6	13/O Girls	OAK-6

Session 3		
1:00 – 1:25		
Lane	Age	Teams
1	13/O Girls	NCA-4 SAQ-4
2	13/O Girls	NCA-8
3	13/O Girls	SEALS-6
4	13/O Girls	SEALS-6
5	13/O Girls	GLAS-6 HYR-3
6	13/O Girls	FVYT-10

Sprints	1:25-1:35
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 February 26, 2023

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

<b>Session 1</b>			<b>7:15 – 7:40</b>			<b>Session 2</b>			<b>7:40 – 8:00</b>		
<b>Lane</b>	<b>Age</b>	<b>Teams</b>	<b>Lane</b>	<b>Age</b>	<b>Teams</b>	<b>Lane</b>	<b>Age</b>	<b>Teams</b>	<b>Lane</b>	<b>Age</b>	<b>Teams</b>
1	<b>13/O Boys</b>	NCA-6 SEALS-2 WHAT-1	1	<b>12/U Girls</b>	SAQ-5 NCA-4	2	<b>12/U Girls</b>	WWRX-5	3	<b>12/U Girls</b>	WWRX-6
2	<b>13/O Boys</b>	LEHY-7 SAQ-2	3	<b>12/U Girls</b>		4	<b>12/U Girls</b>	IVY-8	5	<b>12/U Girls</b>	FVYT-8
3	<b>13/O Boys</b>	IVY-9	4	<b>12/U Girls</b>		5	<b>12/U Girls</b>	FVYT-8	6	<b>12/U Girls</b>	FVYT-8
4	<b>13/O Boys</b>	OAK-12	5	<b>12/U Girls</b>		6	<b>12/U Girls</b>				
5	<b>13/O Boys</b>	GLAS-6 WWRX-3									
6	<b>13/O Boys</b>	FVYT-6 WWRX-3									

<b>Session 3</b>			<b>8:00 – 8:20</b>		
<b>Lane</b>	<b>Age</b>	<b>Teams</b>	<b>Lane</b>	<b>Age</b>	<b>Teams</b>
1	<b>12/U Girls</b>	SEALS-9	1	<b>12/U Girls</b>	SEALS-9
2	<b>12/U Girls</b>	GLAS-5 WHAT-2	2	<b>12/U Girls</b>	GLAS-5 WHAT-2
3	<b>12/U Girls</b>	OAK-6	3	<b>12/U Girls</b>	OAK-6
4	<b>12/U Girls</b>	OAK-7	4	<b>12/U Girls</b>	OAK-7
5	<b>12/U Girls</b>	LEHY-8	5	<b>12/U Girls</b>	LEHY-8
6	<b>12/U Girls</b>	LEHY-8	6	<b>12/U Girls</b>	LEHY-8

<b>Sprints</b>	<b>8:20 – 8:30</b>
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 February 26, 2023

Warm-Up Time: 12:15 PM, Start: 1:35 PM

Session 1			12:15-12:40			Session 2			12:40-1:05		
Lane	Age	Teams	Lane	Age	Teams	Lane	Age	Teams	Lane	Age	Teams
1	13/O Girls	NCA-5 WWRX-2	1	13/O Girls	LEHY-6 WHAT-1						
2	13/O Girls	NCA-6	2	13/O Girls	LEHY-7						
3	13/O Girls	IVY-9	3	13/O Girls	FVYT-6						
4	13/O Girls	GLAS-5 SAQ-4	4	13/O Girls	FVYT-6						
5	13/O Girls	SEALS-7	5	13/O Girls	OAK-5						
6	13/O Girls	SEALS-4 HYR-3	6	13/O Girls	OAK-5						

Session 3			1:05-1:25		
Lane	Age	Teams	Lane	Age	Teams
1	12/U Boys	LEHY-12			
2	12/U Boys	LEHY-2 GLAS-6 WHAT-3			
3	12/U Boys	IVY-7 NCA-3			
4	12/U Boys	SEALS-8 WWRX-1			
5	12/U Boys	OAK-7 SAQ-3			
6	12/U Boys	FVYT-9			

Sprints		1:25-1:35	
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	