

2025 VSA Warm-up Assignments

Lanes 0 & 1 (the two lanes closest to the windows) will be available for warm-up/warm-down during each session

Saturday Morning: 8 & Unders, 9 & 10 year olds

Coaches meeting at 8:00 AM in Hospitality

windows		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	balcony
	8:20-8:40	UVAC	KSST	UVR	UVR	UVR	MIDD	MIDD	WAT	BST	QST	QST STS	
	8:40-9:00	BTC	BTC	BTC	BTC	BTC	BTC	STA	STA	STA	TRI	TRI CRVS	
	9:00-9:20	VST	VST	BCC	RUT	RUT	TEST	TEST	WIN	WIN	BENN	BENN MMST	

Saturday Lunch: 500 Frees (no positive check-in required)

windows	12:00-12:25				All lanes open for circle swim								balcony
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Saturday Afternoon: 11 & 12s, 13 & 14s, 15 – 18s

windows		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	balcony
	1:20-1:40	UVAC	UVAC	UVAC	UVAC	TEST	TEST	TEST	BENN	BENN	BENN	BENN	
	1:40-2:00	BTC	BTC	BTC	BTC	BTC	BTC	MIDD	MIDD	MIDD	RUT	RUT	
	2:00-2:20	STA	STA	STA	STA	BCC	BCC WAT	WAT	VST	VST	VST	BST STS	
	2:20-2:40	WIN	WIN	WIN	KSS	QST	TRI	TRI	UVR	UVR	MMST	MMST CRVS	

Sunday Morning: 8 & Unders, 9 & 10 year olds

windows		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	balcony
	8:20-8:40	VST	VST	BCC	RUT	RUT	TEST	TEST	WIN	WIN	BENN	BENN MMST	
	8:40-9:00	UVAC	KSST	UVR	UVR	UVR	MIDD	MIDD	WAT	BST	QST	QST STS	
	9:00-9:20	BTC	BTC	BTC	BTC	BTC	STA	STA	STA	STA	TRI	TRI CRVS	

Sunday Afternoon: 11 & 12s, 13 & 14s, 15 – 18s

windows		Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	balcony
	12:30-12:50	WIN	WIN	WIN	KSS	QST	TRI	TRI	UVR	UVR	MMST	MMST CRVS	
	12:50-1:10	UVAC	UVAC	UVAC	UVAC	TEST	TEST	TEST	BENN	BENN	BENN	BENN	
	1:10-1:30	BTC	BTC	BTC	BTC	BTC	BTC	MIDD	MIDD	MIDD	RUT	RUT	
	1:30-1:50	STA	STA	STA	STA	BCC	BCC WAT	WAT	VST	VST	VST	BST STS	

The Senior Ceremony is immediately AFTER the last Sunday Afternoon Warm-up Session 1:50