

SATURDAY WARM UP SCHEDULE 2009

Lane	8:15-8:30	8:30-8:45	8:45-9:00	9:00-9:15	9:15-9:30
1	HCC/SP	CRA	PC/BG	RKVL/DC	ATL
2	SP	CRA	PC	RKVL	CORA/ATL
3	TH	CRA	WEM	RSRC	CORA
4	TH	OC	FH	RSRC	AC
5	TH	WSRC	FH	CRR	AC
6	KC	WSRC	TV	CRR	TDC
7	KC	WSRC	TV	CRR	TDC
8	WELL	WSRC	CSC	CRR	HCRA
9	WELL	MS	CSC	ANT	HCRA
10	ASH	TVW/MS	CSC	ANT/MRA	HCRA

*** There will be no 5 minute break between warm-ups
due to large attendance numbers on Saturday**

SUNDAY WARM UP SCHEDULE

Lane	8:15-8:30	8:35-8:50	8:55-9:10	9:15-9:30
1	CSC	WSRC	WELL/DC	ASH
2	RSRC	WSRC	PC	ASH
3	TDC	WSRC	PC	SP
4	MRA	ANT	TVW	CRA
5	MRA	ATL/HCC	CRR	CRA
6	CORA	AC	HCRA	CRA
7	WEM	AC	HCRA	MS
8	WEM	KC	TH	OC
9	WEM	KC	TH	TV
10	RKVL/BG	FH	TH	TV

KEY

AC = ASHCREEK	ANT = ANTIOCH	ASH = ASHLAND	ATL = ATLEE
BG = BATTLEFIELD GREEN	CRA = CANTERBURY	CORA = CHESTNUT OAKS	CRR = CHURCH RUN
CSC = COLONIES	DC = DOLPHIN CLUB	FH = FOXHALL	HCC = HANOVER CC
HCRA = HUNGARY CREEK	KC = KINGS CHARTER	MRA = MECHANICSVILLE	MS = MILESTONE
OC = OLD CHURCH	PC = PEBBLE CREEK	RKVL = ROCKVILLE	RSRC = RAINTREE
SP = SHORT PUMP	TDC = DOMINION CLUB	TH = TWIN HICKORY	TV = TUCKAHOE VILLAGE
TVW = TV WEST	WELL = WELLESLEY	WEM = WEMBLY	WSRC = WYNDHAM