

2016 WARM UP TIMES

THURSDAY	7:30 – 8:00 A.M.	8:00 – 8:30 A.M.
Lane 1	Lakeside	RCC
Lane 2	Glen Allen	JLCC/SND
Lane 3	Kanawha	Southampton
Lane 4	CCV	Ginter Park
Lane 5	Three Chopt	Ridge Top
Lane 6	Westwood	Walton Park
Lane 7	MDY	Avalon
Lane 8	Hermitage/CAA	Woodmont/ASC

FRIDAY	7:30 – 8:00 A.M.	8:00 – 8:30 A.M.
Lane 1	Woodmont/ASC	Three Chopt
Lane 2	Avalon	Westwood
Lane 3	Walton Park	MDY
Lane 4	JLCC/SND	Kanawha
Lane 5	Southampton	Glen Allen
Lane 6	Ginter Park	Hermitage/CAA
Lane 7	Ridge Top	CCV
Lane 8	RCC	Lakeside