

2024 Short Course VIR Championships

Warmup Schedule



FRIDAY AM

Session 1

Distance

Open Warmup 10:00-10:50

60 swimmers

Racing: 11:00 – 1:20

FRIDAY PM

Session 2

11 & Overs

Warmup A: 2:00-3:35 (COMOX, CRKW, NRST)

Warmup B: 2:35-3:10 (PCS, ISC, LCSC, DST, TSUN, RAC, WIND)

204 swimmers

Racing 3:15-6:00

SATURDAY AM

Session 3

12 & Unders

Warmup A: 8:15–8:40 (COMOX, PCS)

Warmup B: 8:40-9:05 (CRKW, RAC, TSUN, NRST, WIND, LCSC, DST, ISC)

173 swimmers

Racing 9:15 – 1:00

SATURDAY PM

Session 4

13 & Overs

Warmup A: 2:30 – 2:55 (COMOX, ISC, NRST)

Warmup B: 2:55 – 3:20 (PCS, DST, LCSC, TSUN, RAC, WIND, CRKW)

132 swimmers

Racing 3:30 – 5:40

SUNDAY AM

Session 5

12 & Unders

Warmup A: 8:30 – 8:55 (COMOX, PCS)

Warmup B: 8:55-9:20 (CRKW, RAC, TSUN, NRST, WIND, LCSC, DST, ISC)

173 swimmers

Racing 9:30 – 1:00

SUNDAY PM

Session 6

13 & Overs

Warmup A: 2:30 – 2:55 (COMOX, ISC, NRST)

Warmup B: 2:55 – 3:20 (PCS, DST, LCSC, TSUN, RAC, WIND, CRKW)

127 swimmers

Racing 3:30 – 5:25 PM