



Greater Peninsula Swimming Association Championship Meet



July 29, 2023

Warm-up Schedule

Session 1			
Lane	7:30 - 7:45	7:45 - 8:00	8:00 - 8:15
1	Marlbank	Poquoson	Willow Oaks
2	Marlbank	Poquoson	Willow Oaks
3	Marlbank	Poquoson	Willow Oaks
4	Windy Point	Warwick Yacht	Colony
5	Windy Point	Warwick Yacht	Running Man
6	Kiln Creek	Coventry	Wendwood
7	Hidenwood	James River	George Wythe
8	Glendale	Beaconsdale	Riverdale

Session 2			
Lane	9:40 - 10:00	10:00 - 10:20	10:20 - 10:40
1	Windy Point	Glendale	Colony
2	Windy Point	Glendale	Colony
3	Poquoson	Marlbank	Wendwood
4	Poquoson	Marlbank	Wendwood
5	Willow Oaks	Running Man	George Wythe
6	Willow Oaks	Running Man	Kiln Creek
7	Hidenwood	Warwick Yacht	Coventry
8	Riverdale	James River	Northampton

Sessions 3 & 4				
Lane	12:40 - 1:00	1:00 - 1:20	1:20 - 1:40	1:40 - 2:00
1	Hidenwood	Willow Oaks	Windy Point	Glendale
2	Hidenwood	Willow Oaks	Windy Point	Glendale
3	Hidenwood	George Wythe	Wendwood	Poquoson
4	Marlbank	George Wythe	Wendwood	Poquoson
5	Marlbank	Running Man	Warwick Yacht	Riverdale
6	Coventry	Running Man	Warwick Yacht	Riverdale
7	Coventry	Colony	Kiln Creek	James River
8	Northampton	Colony	Kiln Creek	James River