



Greater Peninsula Swimming Association City Meet

August 2, 2025



WARM-UP SCHEDULE

Session 1				
	8:00 - 8:20		8:30 - 8:50	
Lane	Pool A	Pool B	Pool A	Pool B
1	Poquoson	Marlbank	Hidenwood	Colony
2	Poquoson	Marlbank	Hidenwood	Colony
3	Willow Oaks	Marlbank	George Wythe	Windy Point
4	Willow Oaks	Wendwood	Kiln Creek	Windy Point
5	Willow Oaks	Wendwood	Kiln Creek	Coventry
6	Riverdale	Warwick Yacht	Running Man	Coventry
7	James River	Glendale	Running Man	Elizabeth Lake
8	James River	Glendale	Beaconsdale	

Notes

- Pool A is the competition course (25M), Pool B is the warm-up/warm-down course (25Y)
- After each warm-up session, teams assigned to Pool B will be allowed 5 minutes in Pool A