



Greater Peninsula Swimming Association Summer Splash Invitational

July 26, 2025



WARM-UP SCHEDULE

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

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