2009 VPSU Championship Meet Warm Up Schedule
07/26/2009 - Session 1

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 AM	7:20 AM								
		FC	FC	WP	WP	KM	KM	CV	CV
7:20 AM	7:40 AM								
		FT	FT	WC	WC	GS	GS	IP	IP
7:40 AM	8:00 AM								
		PS	PS	PS	QL	QL	QL	TR	VG
8:00 AM	8:20 AM								
		KW	KW	KW	KW	WF	WGP	EH/SH/WT	KP/WW