



3A Session 1 7:25-7:50

- Lanes 1-3 Riverside
- Lanes 4-6 Brentsville District
- Lanes 7-8 Colonial Heights
- Lanes 10-11 Culpeper County
- Lanes 12-13 James Monroe
- Lanes 14-15 Tabb
- Lanes 16 Abingdon, Manassas Park, Magna Vista

3A Session 2 7:50-8:15

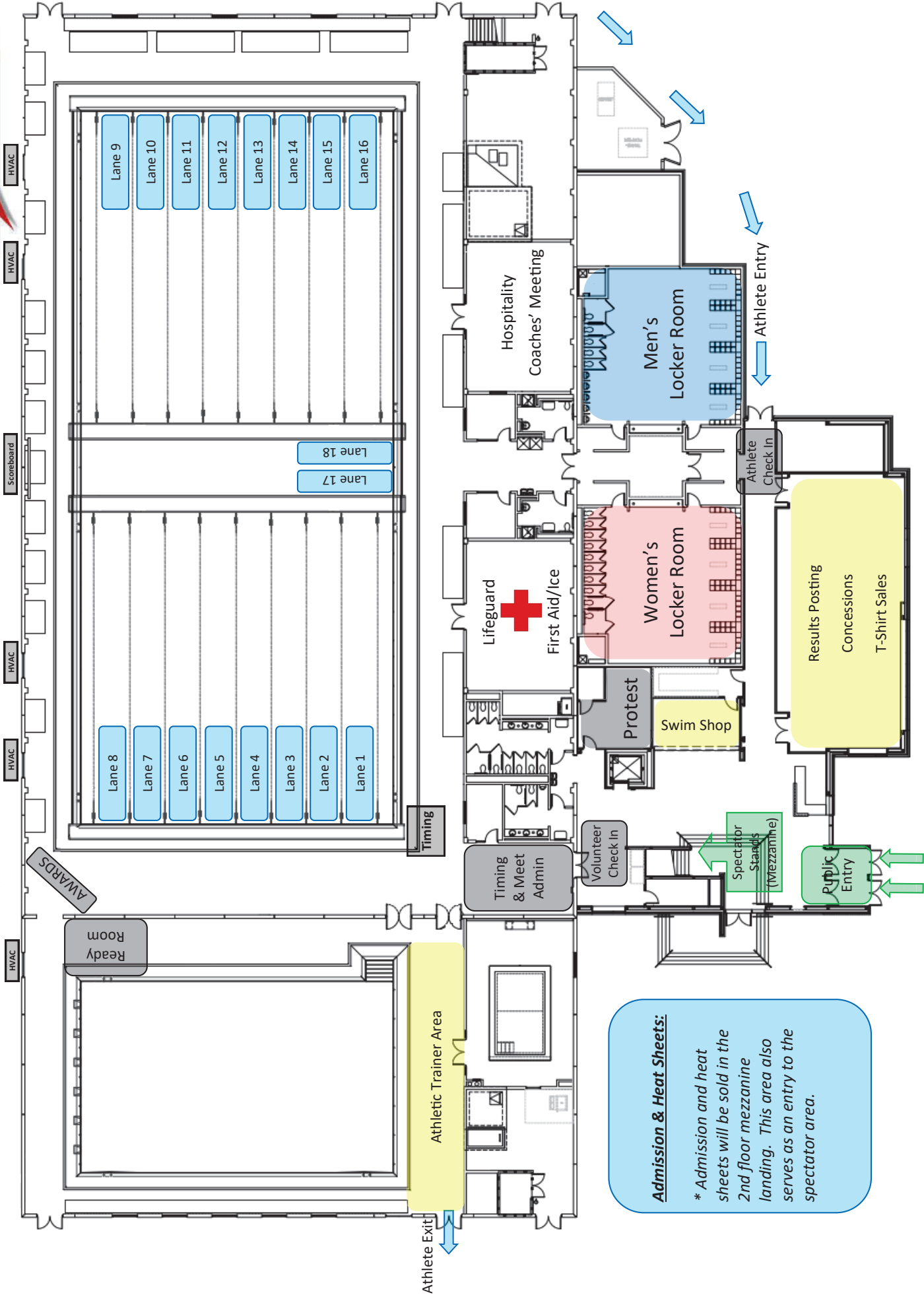
- Lanes 1-3 Western Albemarle
- Lanes 4-6 Blacksburg
- Lanes 7-8 Fluvanna County
- Lanes 9-10 Hidden Valley
- Lanes 11-12 Brookville
- Lanes 13-14 Cave Spring
- Lanes 15-16 Turner Ashby
- Lanes 17-18 New Kent

3A Session 3 8:15-8:40

- Lanes 1-2 Warhill
- Lanes 3-4 Monticello
- Lane 5 Broadway
- Lane 6 Waynesboro
- Lane 7 Christiansburg
- Lane 8 Rockbridge County
- Lane 9 Spotsylvania
- Lane 10 Northside
- Lane 11 Spotswood
- Lane 12 Poquoson
- Lane 13 Lakeland
- Lanes 14-16 York
- Lane 17 Allegheny
- Lane 18 Lord Botetourt

3A Session 4 8:40-8:50

- COMPETITION POOL-WEST COURSE
  - LANES 1-2 PUSH PACE
  - LANES 3-8 ONE-WAY DIVE STARTS
- WARMUP-EAST COURSE
  - Lanes 9-16 OPEN WARM-UP
  - Lanes 17-18 CLOSED



**Admission & Heat Sheets:**  
 \* Admission and heat sheets will be sold in the 2nd floor mezzanine landing. This area also serves as an entry to the spectator area.