

2024 VI Zone Championship: Warmup Assignment & Schedule

Group A Warmup 9:00 a.m.-9:30 a.m.

Lanes 1 & 8 in the Deep Pool will become Dive/Sprint Lanes at 9:20 a.m.

Deep Pool							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NDSS	NDSS	NDSS	NDSS	DOVER BAY	DOVER BAY	DOVER BAY	WELLINGTON

Shallow Pool					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
LADYSMITH	JOHN BARSBY	NANAIMO CHRISTIAN	QUW'UTSUN	QUEEN MARGARETS	CUMBERLAND
ASPENGROVE		HIGHLAND			

*Do not use lanes 7/8

Group B Warmup 9:30 a.m.-10:00 a.m.

Lanes 1 & 8 in the Deep Pool will become Dive/Sprint Lanes at 9:50 a.m.

Deep Pool							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
MT DOUG	MT DOUG	MT DOUG	GNS	ST MARGARETS	ST ANDREWS	REYNOLDS	ROYAL BAY
							ECOLE PHOENIX

Shallow Pool					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CARIHI	CARIHI	C.R. CHRISTIAN	TIMBERLINE	GP VANIER	GP VANIER
		HIGHLAND		MARK R ISFELD	MARK R ISFELD

*Do not use lanes 7/8

Group C Warmup 10:00 a.m.-10:30 a.m.

Lanes 1 & 8 in the Deep Pool will become Dive/Sprint Lanes at 10:20 a.m.

Deep Pool							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CLAREMONT	CLAREMONT	CLAREMONT	PARKLAND	PARKLAND	PARKLAND	BROOKS	BROOKS
			STELLYS	STELLYS	STELLYS		

Shallow Pool						*Do not use lanes 7/8
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
OAK BAY	OAK BAY	OAK BAY	GULF ISLANDS	GULF ISLANDS	PACIFIC CHRISTIAN	

- Dive/Sprint Lanes will open in lanes 1 & 8 in the deep pool with 10 minutes lasting in warmup sessions.
- Schools in adjoining lanes are asked to work with Schools in lanes 1 and 8 to accomodate swimmers who wish to continue swimming rather than dive/sprint.
- Swim BC warmup procedures are to be followed.
- 2 Warmup/cool down lanes will be available in the shallow pool throughout the meet.