

2023 VI Zone High School Meet Warmup Assignments

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

East Pool							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Oak Bay	Oak Bay	Lambrick Park	St Andrews	St Margarets	Pacific Christian	Mt Doug	Mt Doug
					GNS		
					Royal Bay		



West Pool							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Claremont	Claremont	Claremont	Reynolds	Parkland	Gulf Islands	Stellys	Stellys

Group B Warmup 10:05-10:35 a.m.

East Pool							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Carihi	Phoenix	Highland	Mark R Isfield	Cowichan	Queen Margarets	Cumberland	Kwalikum
	Southgate	GP Vanier			St Johns	Brooks	
	Timberline	Navigate NIDES					

West Pool							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NDSS	NDSS	NDSS	Wellington	JP Barsby	Ladysmith	Dover Bay	Dover Bay
			Christian				

Dive/Sprint Lanes:

- Dive/Sprint Lanes will open in lanes 1 and 8 in each 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 swimmer who wish to continue swimming rather than dive/sprint.