

NOVA DECEMBER DIP WARM-UP ASSIGNMENTS

Friday Distance Session										
TIME										
4:15 - 4:30pm										
WEST COURSE [COMPETITION SIDE]										
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
NOVA 12 & Under Swimmers										
4:40 - 5:05pm										
WEST COURSE [COMPETITION SIDE]										
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
NOVA 13 & O		WAC			QSTS		CA	NOVA - S		
Meet Start: 5:15pm										

Saturday & Sunday AM											
TIME											
7:30 - 7:55am											
EAST COURSE [SCOREBOARD SIDE]											
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10		
NOVA [NB]			NOVA [Novice Silver]				NOVA [AGDS]				
WEST COURSE [COMPETITION SIDE]											
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10		
NOVA [AGDS]			NOVA South			QSTS					
7:55 - 8:20am											
EAST COURSE [SCOREBOARD SIDE]											
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10		
NOVA [AGDB]						NOVA [NG]					
WEST COURSE [COMPETITION SIDE]											
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10		
CA		BASS		WAC		RCR	PSDN				
Meet Start: 8:30am											

Saturday & Sunday PM											
TIME											
12:00 - 12:25pm											
EAST COURSE [SCOREBOARD SIDE]											
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10		
NOVA [Senior Swimmers]											
WEST COURSE [COMPETITION SIDE]											
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10		
QSTS					PSDN						
12:25 - 12:50pm											
EAST COURSE [SCOREBOARD SIDE]											
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10		
NOVA [Age Group Bronze]					NOVA [Age Group Silver]						
WEST COURSE [COMPETITION SIDE]											
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10		
WAC			CA		RCR		BASS	NOVA South			
Meet Start: 1:00pm											

