

2014 Virginia LC State Championships - 5/23/2014 to 5/25/2014**2012 VA LC STATE CHAMPIONSHIPS****LIVE RESULTS AT WWW.POTOMAC MARLINS.COM****Warm-up Sheet**

Warm-up Starts at 04:40 PM

Session: 1 Friday Evening

Day of Meet: 1 Starts at 05:40 PM

Total Athletes: 266 - Women: 123 - Men: 143

Team	Women	Men	Total	Lane
NCAP-PV Nation's Capital Swim Club	81	105	186	Lanes 1-8 session 1
FISH-PV The Fish	13	9	22	Lanes 1-2 session 2
PM-PV Potomac Marlins	9	11	20	Lanes 7-8 session 2
CAA-MD Columbia Aquatics Association	4	7	11	Lane 3 session 2
UMLY-MA Upper Main Line YMCA	5	6	11	Lane 4 session 2
STAT-VA Stafford Aquatic Team	6	2	8	Lane 5 Session 2
SWAC-MA Shockwaves Aquatic Club	2	1	3	Lane 6 Session 2
UN-NC-PV NATION'S CAPITAL SWIM CLUB	1	1	2	
FAST-PV FAIRLAND AQUATICS S.T.	1	0	1	Lane 6 Session 2
FBST-PV Fort Belvoir Swim Team	0	1	1	Lane 6 Session 2
SSC-MA Suburban Seahawks Club	1	0	1	Lane 6 Session 2

Warm-up Starts at 06:40 AM

Session: 2 Saturday Morning

Day of Meet: 2 Starts at 07:40 AM

Total Athletes: 498 - Women: 249 - Men: 249

Team	Women	Men	Total	Lane
NCAP-PV Nation's Capital Swim Club	163	173	336	Lanes 1-8 Session 2
PM-PV Potomac Marlins	21	20	41	Lanes 7-8 Session 1
FISH-PV The Fish	14	13	27	Lane 1 Session 1
CAA-MD Columbia Aquatics Association	9	16	25	Lane 2 Session 1
STAT-VA Stafford Aquatic Team	12	5	17	Lane 3 Session 1
UMLY-MA Upper Main Line YMCA	8	8	16	Lane 4 Session 1
SDS-PV Sea Devil Swimming	9	6	15	Lane 5 Session 1
FBST-PV Fort Belvoir Swim Team	3	4	7	Lane 6 Session 1
CSC-PV Clark Swim Club	2	2	4	Lane 6 Session 1
SWAC-MA Shockwaves Aquatic Club	4	0	4	Lane 6 Session 1
UN-NC-PV NATION'S CAPITAL SWIM CLUB	1	2	3	
FAST-PV FAIRLAND AQUATICS S.T.	1	0	1	Lane 6 Session 1
SSC-MA Suburban Seahawks Club	1	0	1	Lane 6 Session 1
UN-PV UnAtt - Clark Swim Club	1	0	1	

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Warm-up Starts at 12:30 PM

Session: 3 Saturday Afternoon

Day of Meet: 2 Starts at 01:30 PM

Total Athletes: 273 - Women: 154 - Men: 119

Team	Women	Men	Total	Lane
NCAP-PV Nation's Capital Swim Club	93	71	164	Lanes 1-8 Session 2
FISH-PV The Fish	24	14	38	Lanes 1-3 Session 1
PM-PV Potomac Marlins	16	12	28	Lanes 7-8 Session 1
STAT-VA Stafford Aquatic Team	9	5	14	Lane 4 Session 1
CAA-MD Columbia Aquatics Association	1	7	8	Lane 5 Session 1
FBST-PV Fort Belvoir Swim Team	3	2	5	Lane 5 Session 1
CSC-PV Clark Swim Club	3	1	4	Lane 6 Session 1
SWAC-MA Shockwaves Aquatic Club	2	2	4	Lane 6 Session 1
FAST-PV FAIRLAND AQUATICS S.T.	2	1	3	Lane 6 Session 1
UN-NC-PV NATION'S CAPITAL SWIM CLUB	1	2	3	
SDS-PV Sea Devil Swimming	0	2	2	Lane 6 Session 1

Warm-up Starts at 06:40 AM

Session: 5 Sunday Morning

Day of Meet: 3 Starts at 07:40 AM

Total Athletes: 409 - Women: 201 - Men: 208

Team	Women	Men	Total	Lane
NCAP-PV Nation's Capital Swim Club	132	144	276	Lanes 1-8 Session 1
PM-PV Potomac Marlins	18	17	35	Lanes 7-8 session 2
FISH-PV The Fish	12	12	24	Lane 1 session 2
CAA-MD Columbia Aquatics Association	9	14	23	Lane 2 session 2
STAT-VA Stafford Aquatic Team	11	5	16	Lane 3 session 2
UMLY-MA Upper Main Line YMCA	7	8	15	Lane 4 session 2
FBST-PV Fort Belvoir Swim Team	2	4	6	Lane 5 session 2
CSC-PV Clark Swim Club	3	2	5	Lane 5 session 2
SWAC-MA Shockwaves Aquatic Club	4	0	4	Lane 6 session 2
FAST-PV FAIRLAND AQUATICS S.T.	1	0	1	Lane 6 session 2
SSC-MA Suburban Seahawks Club	1	0	1	Lane 6 session 2
UN-NC-PV NATION'S CAPITAL SWIM CLUB	0	1	1	
UN-PV UnAtt - Clark Swim Club	1	0	1	
UNAT-PV Unattached PVS	0	1	1	Lane 6 session 2

Columbia and FISH may expand into lane 6 if needed.

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Warm-up Starts at 12:00 PM

Session: 6 Sunday Afternoon

Day of Meet: 3 Starts at 01:00 PM

Total Athletes: 283 - Women: 157 - Men: 126

Team	Women	Men	Total	Lane
NCAP-PV Nation's Capital Swim Club	95	77	172	Lanes 1-8 Session 1
FISH-PV The Fish	22	18	40	Lanes 1-3 Session 2
PM-PV Potomac Marlins	17	10	27	Lanes 7-8 Session 2
STAT-VA Stafford Aquatic Team	11	6	17	Lane 4 Session 2
CAA-MD Columbia Aquatics Association	1	6	7	Lane 5 Session 2
CSC-PV Clark Swim Club	3	1	4	Lane 6 Session 2
FBST-PV Fort Belvoir Swim Team	3	1	4	Lane 5 Session 2
SWAC-MA Shockwaves Aquatic Club	2	2	4	Lane 6 Session 2
FAST-PV FAIRLAND AQUATICS S.T.	2	1	3	Lane 6 Session 2
UN-NC-PV NATION'S CAPITAL SWIM CLUB	1	2	3	
SDS-PV Sea Devil Swimming	0	2	2	Lane 6 Session 2