

2017 Potomac Valley Swimming Long Course Open 2
Hosted by The Fort Belvoir Swim Team

13 & Over Session

Warm-Up #1: 6:30-6:55am

Lane 1 – NCAP

Lane 2 – NCAP

Lane 3 – NCAP

Lane 4 – NCAP

Lane 5 – NCAP

Lane 6 – FBST & Life Time

Lane 7 – AAC

Lane 8 – AAC

Warm-Up #2: 6:55-7:20am

Lane 1 – All Star Aquatics

Lane 2 – All Star Aquatics

Lane 3 – Shark Tank

Lane 4 – RMSC

Lane 5 – RMSC

Lane 6 – RMSC

Lane 7 – RMSC

Lane 8 – RMSC

CLEAR POOL at 7:20am

EVENTS START at 7:30am



2017 Potomac Valley Swimming Long Course Open 2
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12 & Under Session

Warm-Up #1: 10:30am-10:55am

Lane 1 – NCAP

Lane 2 – NCAP

Lane 3 – NCAP

Lane 4 – NCAP

Lane 5 – NCAP

Lane 6 – FBST & Life Time

Lane 7 – Shark Tank

Lane 8 - AAC

Warm-Up #2: 10:55-11:20am

Lane 1 – All Star Aquatics

Lane 2 – All Star Aquatics

Lane 3 – All Star Aquatics

Lane 4 – All Star Aquatics

Lane 5 - RMSC

Lane 6 – RMSC

Lane 7 – RMSC

Lane 8 – RMSC

CLEAR POOL at 11:20am

EVENTS START at 11:30am



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***ALL EVENTS ARE POSITIVE CHECK-IN
FOR BOTH SESSIONS***

***SWIMMERS: Please Check-In BEFORE
Warm-Up.***

***IF YOU MISS CHECK-IN, YOU WILL NOT
SWIM!!!!!!***

13 & Over Session

Positive Check-In Closes at 7:00am

12 & Under Session

Positive Check-In Closes at 11:00am

OR

30 Minutes After Warm-Up Begins

