



Greater Peninsula Swimming Association City Meet

August 1, 2026



WARM-UP SCHEDULE

Session 1				
	8:00 - 8:20		8:30 - 8:50	
Lane	Pool A	Pool B	Pool A	Pool B
1	Coventry	Windy Point	Marlbank	Poquoson
2	Coventry	Windy Point	Marlbank	Poquoson
3	Coventry	Windy Point	Marlbank	Poquoson
4	Hidenwood	Colony	Glendale	Willow Oaks
5	Hidenwood	Colony	Glendale	Willow Oaks
6	Kiln Creek	Colony	Wendwood	James River
7	Wythe / Beaconsdale	Running Man	Warwick Yacht	Elizabeth Lake
8	STARTS (Open)	Running Man	STARTS (Open)	VG / Riverdale

Notes

- Pool A is the competition course (25M), Pool B is the warm-up/warm-down course (25Y)
- After each warm-up session, teams assigned to Pool B will be allowed 5 minutes in Pool A