



# Greater Peninsula Swimming Association Summer Splash Invitational

July 25, 2026



## WARM-UP SCHEDULE

| Session 1 |             |             |               |                |
|-----------|-------------|-------------|---------------|----------------|
|           | 8:00 - 8:20 |             | 8:30 - 8:50   |                |
| Lane      | Pool A      | Pool B      | Pool A        | Pool B         |
| 1         | Poquoson    | Hiddenwood  | Windy Point   | James River    |
| 2         | Poquoson    | Hiddenwood  | Windy Point   | Elizabeth Lake |
| 3         | Poquoson    | Marlbank    | Wythe         | Coventry       |
| 4         | Colony      | Marlbank    | Wendwood      | Beaconsdale    |
| 5         | Colony      | Running Man | Warwick Yacht | Kiln Creek     |
| 6         | Glendale    | Running Man | Village Green |                |
| 7         | Glendale    | Willow Oaks | Riverdale     |                |
| 8         |             | Willow Oaks |               |                |

## 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