

2025 NOVA DECEMBER DIP WARM-UP ASSIGNMENTS

Friday Distance Session										
TIME	WEST COURSE [COMPETITION SIDE]									
4:40 - 5:05pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA				NFS		DC		PSDN	QSTS
	Meet Start: 5:15pm									
Saturday & Sunday AM										
TIME	EAST COURSE [SCOREBOARD SIDE]									
7:00 - 7:25am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Novice Silver]					NOVA [Age Group Dev. 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
	QSTS							NOVA [Novice Bronze]		
	EAST COURSE [SCOREBOARD SIDE]									
7:25 - 7:50am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Novice Gold]					NOVA [Age Group Dev. Bronze]				
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	PSDN					DC		NFS		UN
	Meet Start: 8:00am									
Saturday & Sunday PM										
TIME	EAST COURSE [SCOREBOARD SIDE]									
12:00 - 12:25pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Age Group Silver]					NOVA [All Senior Groups]				
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
12:25 - 12:50am	NOVA [Age Group Bronze]					DC		PSDN		
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
Meet Start: 1:00pm	QSTS							NFS		UN

