

## 2026 NOVA NEW YEARS KICK OFF WARM-UP ASSIGNMENTS

Friday Distance Session TIME										
4:15 - 4:40pm	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Age Group Dev. Silver]			NOVA [Age Group Dev. Gold]				NOVA [AGB]	NOVA [AGS]	
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [AGS]	NOVA [Age Group Gold]					PSDN			
4:40 - 5:05pm	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [SDB]	NOVA [Senior Development Silver]				NOVA [Senior Development Gold]				
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Senior Silver / Bronze]			SwimRVA					WAC	
Meet Start: 5:15pm										

Saturday & Sunday AM TIME										
7:00 - 7:25am	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Age Group Dev. Bronze]					NOVA [AGDG]		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
	NOVA [AGDS]			WAC					BASS	NOVA [NS / NG]
7:25 - 7:50am	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Age Group Bronze + SDB]					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
	PSDN			SwimRVA						
	Warm-Up Pools									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6				
	NOVA [Age Group Silver + Age Group Gold + SDS]									
Meet Start: 8:00am										

Saturday & Sunday Mid-Day TIME										
Saturday: 12:30 - 12:55pm Sunday: 12:00 - 12:25pm	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Novice Silver]				NOVA [Novice Gold]				NOVA	WAC
									[AGDS + AGDG]	
	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			SwimRVA			DC	BASS	NOVA [Novice Bronze]	
Meet Start: Saturday: 1:05pm Sunday: 12:35pm										

Saturday & Sunday PM TIME										
Saturday: 3:00 - 3:25pm Sunday: 2:00 - 2:25pm	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [Senior Development Bronze]						NOVA [Senior Development Silver + SDG]			
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA [SDS + SDG]			NOVA [Senior Bronze]			NOVA [Senior Silver]			DC
Saturday: 3:25 - 3:50pm Sunday: 2:25 - 2:50pm	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	OPEN for Continuous WU / WD						WAC		BASS	
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	SwimRVA					PSDN				
Meet Start: Saturday: 4:00pm Sunday: 3:00pm										