2026 NOVA NEW YEARS KICK OFF WARM-UP ASSIGNMENTS

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Friday Distance Session							
TIME							
4:15 - 4:40pm	EAST COURSE [SCOREBOARD SIDE]						
	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8		ANE 10
	NOVA [Age Group Dev. Silver]	NOVA [Age G	roup Dev. Gold	1]	NOVA	NOVA [A	GS]
		WEST COURSE I	COMPETITION	CIDEI	[AGB]		
	LANE 1 LANE 2 LANE 3	WEST COURSE [0	LANE 6	LANE 7	LANE 8	LANE 9 L	ANE 10
	NOVA NOVA [Age Group Gold] PSDN						
	[AGS]						
4:40 - 5:05pm	[]	EAST COURSE [S	COREBOARD	SIDE1			
	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8	LANE 9 L	ANE 10
	NOVA NOVA [Senior D	Development Silver]		NOVA [Senio	or Develop	ment Gold]	
	[SDB]						
		WEST COURSE [0		SIDE]			
	LANE 1 LANE 2 LANE 3	LANE 4 LANE 5	LANE 6	LANE 7	LANE 8		ANE 10
	NOVA [Senior Silver / Bronze]		SwimRVA			WAC	
Meet Start: 5:15pm							
	1						
Saturday & Sunday AM							
TIME 7:00 - 7:25am	EAST COURSE [SCOREBOARD SIDE]						
7:00 - 7:25am	LANE 1 LANE 2 LANE 3	-	LANE 6	LANE 7	LANE 8	LANE 9 L	ANE 10
	NOVA [Age Group D		NOVA [A			ge Group Dev. S	
	NOVA [Age croup b	WEST COURSE [0		_	NOVA [A	ge Group Bev.	Oliveri
	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8	LANE 9 L	ANE 10
	NOVA [AGDS]		VAC		BASS	NOVA [NS	
7:25 - 7:50am		EAST COURSE [S	COREBOARD S	SIDE]		•	
	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8	LANE 9 L	ANE 10
	NOVA [Age Group Br	onze + SDB]	DC	;		PSDN	
		WEST COURSE [0		SIDE]			
	LANE 1 LANE 2 LANE 3	LANE 4 LANE 5	LANE 6	LANE 7	LANE 8	LANE 9 L	ANE 10
	PSDN		,	SwimRVA			
		-Up Pools	1 1 1 1 1 2				
	LANE 1 LANE 2 LANE 3	LANE 4 LANE 5 er + Age Group Gold + SD	LANE 6				
Meet Start: 8:00am	NOVA [Age Group Silve	# Age Gloup Golu + 3D	3				
meet otart. 0.00am	1						
Saturday & Sunday Mid-Day							
TIME							
Saturday: 12:30 - 12:55pm		EAST COURSE [S	COREBOARD	SIDE]			
Sunday: 12:00 - 12:25pm	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8		ANE 10
	NOVA [Novice Silver]		NOVA [Novi	ice Gold]		NOVA	WAC
						[AGDS +	
	WEST COURSE [COMPETITION SIDE]						
	LANE 1 LANE 2 LANE 3				LANE 8	LANE 9 L	ANE 10
	PSDN	SwimRVA	LANE 6	DC	BASS	NOVA [Novice	
Meet Start:	1 0514		<u>. </u>		DAGG	NOVA [NOVICE	, Bronzej
Saturday: 1:05pm							
Sunday: 12:35pm							
Saturday & Sunday PM							
TIME							
Saturday: 3:00 - 3:25pm		EAST COURSE [S					
Sunday: 2:00 - 2:25pm	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8		ANE 10
	NOVA [Senior D	evelopment Bronze]			nior Develo	opment Silver +	SDG]
	LANE 4 LANE 9 LANE 9	WEST COURSE [0			LANGO	LANGO	ANE 40
	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8		LANE 10
Saturday: 3:25 - 3:50pm	NOVA [SDS + SDG]	NOVA [Senior Bronze] EAST COURSE [S		A [Senior Silv	erj	DC	
Sunday: 2:25 - 2:50pm	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8	LANE 9 L	ANE 10
Sunday: 2:25 - 2:50pm		ntinuous WU / WD	LANE 0	WAC		BASS	
	5. EN 101 001	WEST COURSE [COMPETITION			2,00	
	LANE 1 LANE 2 LANE 3		LANE 6	LANE 7	LANE 8	LANE 9 L	ANE 10
	SwimRVA				PSDN		
Meet Start:							
Saturday: 4:00pm							
Sunday: 3:00pm							