

2025 VIR Warm up

Friday		group	time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Wave L1	Wave L2	Wave L3
Session 1	Fri am	-	10:00-10:50	PCS	PCS	PCS	PCS	PCS	DST	DST/NRST	comox/isc/RAC	open	open	open
Session2	fri pm	-	2:20-2:50	PCS	PCS	PCS	PCS	ISC	ISC	ISC	wind/lcsc	open	open	open
		-	2:50-3:20	NRST	NRST	NRST	COMOX	COMOX	DST	DST/NRST	RAC/CRKW	open	open	open
Saturday		group	time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Wave L1	Wave L2	Wave L3
Session 3	sat am	-	8:30-8:55	PCS	PCS	PCS	PCS	isc	isc	NRST	NRST	open	open	open
		-	8:55-9:20	DST	DST	CRKW	CRKW	COMOX	COMOX	COMOX	WIND/RAC/LCSC	open	open	open
Session 4	sat pm	-	2:20-2:50	PCS	PCS	PCS	PCS	isc	isc	ISC	LCSC	open	open	open
		-	2:50-3:20	DST	CKW	RAC/Wind	COMOX	COMOX	NRST	NRST	NRST	NRST	open	open
Sunday		group	time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Wave L1	Wave L2	Wave L3
Session 5	Sun AM	-	8:30-8:55	PCS	PCS	PCS	PCS	isc	isc	CRKW	DST	open	open	open
		-	8:55-9:20	WIND	RAC	LCSC	COMOX	COMOX	COMOX	NRST	NRST	NRST	open	open
Session 6	Sun PM	-	2:20-2:50	PCS	PCS	PCS	PCS	isc	isc	isc	DST	open	open	open
		-	2:50-3:20	crkw	rac	lcsc/wind	COMOX	COMOX	NRST	NRST	NRST	NRST	open	open