

Friday:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:30 – 4:00 PM General Warm Up All 8 Lanes							
4:00 – 4:10 PM General Warm Up Lanes 2-6, Pace Lane 1, Sprint Lanes 2-3							
Pool Cleared – 4:10 PM, Session Start – 4:15 PM							

CRA Prelim/Finals & Specialty Meet July 25-27, 2025 Team Warm Up Assignments

Saturday: 7:00 – 7:20 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes							
13 & Over Group # 1 CRA, CRIM, ATST, STRM, ABF. XTRM, UN							

Saturday: 7:20 – 7:40 AM, Session Start: 7:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes							
13 & Over Group # 2: USC, LIE, REV, YFD, HAUP, KING, RIAC, OAK, PPSC							

Saturday: 12:15 – 12:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes							
12 & Under Group # 1: CRA, CRIM, ATST, STRM							

Saturday: 12:35 – 12:55 AM (12 & Under) Session Start: 1:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes							
12 & Under Group # 2: LIE, USC, KING, ABF, FYD, REV, PPSC, OAK, HAUP, UN, XTRM							

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Lane 1

Lane 2

Lane 3

Lane 4

Lane 5

Lane 6

Lane 7

Lane 8

11 & Over Saturday Finals

5:00 – 5:20 PM (13 & Over) General Warm Up All Lanes

5:20 – 5:40 PM (All 11-12 and All CRA Finalists) General Warm Up All Lanes

5:40 – 5:50 PM

Lanes 1: Pace

Lanes 2-5: General

Lanes 6-8: Sprint One Way

Pool Cleared – 5:50 PM

Meet Start: 5:55 PM

Sunday: 7:00 – 7:20 AM

Sunday: 7:20 – 7:40 AM, Session Start: 7:45 AM

Sunday: 11:50 – 12:10 AM

Sunday: 12:10 – 12:30 AM (12 & Under) Session Start: 12:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes							
12 & Under Group # 1: CRA, CRIM, ATST, STRM							

CRA Prelim/Finals & Specialty Meet
July 25-27, 2025
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11 & Over Sunday Finals

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 – 5:20 PM (13 & Over) General Warm Up All Lanes 5:20 – 5:40 PM (All 11-12 and All CRA Finalists) General Warm Up All Lanes 5:40 – 5:50 PM Lanes 1: Pace Lanes 2-5: General Lanes 6-8: Sprint One Way Pool Cleared – 5:50 PM Meet Start: 5:55 PM							