

Team Warm Up Assignments

July 31 – August 3, 2025

Thursday 3:30 - 4:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
CRA	CRA	CRA	CRA	CRA	CRA	ARCT	ARCT	SUN	SUN	SEAL	SEAL	SMC
					CONY		SEAC				WW	
							SSC					

Thursday 4:00 - 4:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
REV	REV	KING	KING	KING	KING	EAST	EAST	CCSC	CCSC	GS	DELM	SSYS
									PHX	SYT		DHH

Thursday 4:30 - 4:40 PM, Start 4:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
General Warm Up Lanes 3-7, 11-13 Pace Lanes 1-2 Sprint Lanes 8-10 Competition Pool Cleared at 4:40 PM												

Team Warm Up Assignments

July 31 – August 3, 2025

Friday 7:00-7:20 AM (13 & Over Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
REV	REV	REV	SSYS	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA
			SSC									

Friday 7:20-7:40 AM (13 & Over Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
NOVA	ABF	CRIM	EAST	EAST	DELM	KING	KING	KING	KING	KING	SEAL	SEAL
PHX	BRY	DHH										
UN	BU	EDGE										
	CONY											

Friday 7:40-8:00 AM (13 & Over Session), Start 8:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
CCSC	CCSC	CCSC	CCSC	GS	GS	SMC	ARCT	SAC	WW	SUN	SUN	SUN
								SEAC		SYT		

Team Warm Up Assignments

July 31 – August 3, 2025

Friday (12 & Under Prelim) 11:15 – 11:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ARCT	ATCT	ARCT	ARCT	CCSC	CCSC	CCSC	CCSC	EAST	EAST	SEAC	DHH	DHH
							CONY			SSYS		

Friday (12 & Under Prelim) 11:35 – 11:55 AM, Start 12:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
KING	KING	KING	REV	REV	REV	GS	CRA	CRA	CRA	CRA	CRA	SEAL
						SUN						SYT
						WW						

Team Warm Up Assignments

July 31 – August 3, 2025

Friday Finals

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
4:15 – 4:35 PM Boys Only General (all lanes) 4:35 – 4:55 PM Girls Only General (all lanes) 4:55 – 5:10 PM Lanes 1-2 Pace Lanes 3-6, 10-13 General Lanes 7-10 Sprint 5:15 PM Meet Start												

Team Warm Up Assignments

July 31 – August 3, 2025

Saturday (13 & Over Prelim) 7:00 – 7:20 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
CCSC	CCSC	CCSC	CCSC	GS	GS	SMC	ARCT	SEAC	DHH	WW	WW	WW
			CONY		PHX	SSC	NOVA					
			CRIM									

Saturday (13 & Over Prelim) 7:20 – 7:40 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
REV	REV	SSYS	SEAL	SEAL	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA
		SYT										

Saturday (13 & Over Prelim) 7:40 – 8:00 AM, Start 8:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
SUN	SUN	SUN	ABF	DELM	DELM	EAST	EAST	KING	KING	KING	KING	KING
		UN	BRY		GLYB							
		SAC	BU		EDGE							

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July 31 – August 3, 2025

Saturday (12 & Under Prelim) 11:15 – 11:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
KING	KING	KING	KING	KING	REV	REV	REV	SUN	GS	SEAL	DHH	DHH
								SYT	CONY	SEAC		
								WW				

Saturday (12 & Under Prelim) 11:35 – 11:55 AM, Start 12:00 PM

[illegible]

Team Warm Up Assignments

July 31 – August 3, 2025

Saturday Finals

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
4:15 – 4:35 PM Girls Only General (all lanes) 4:35 – 4:55 PM Boys Only General (all lanes) 4:55 – 5:10 PM Lanes 1-2 Pace Lanes 3-6, 11-13 General Lanes 7-10 Sprint 5:15 PM Meet Start												

Team Warm Up Assignments

July 31 – August 3, 2025

Sunday 7:00-7:20 AM (13 & Over Session)[illegible]

Sunday 7:20-7:40 AM (13 & Over Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
GS	GS	WW	WW	REV	REV	REV	REV	DELM	SMC	EAST	EAST	EAST
	EDGE						CONY	ABF				
								NOVA				

Sunday 7:40-8:00 AM (13 & Over Session), Start 8:05 AM

[illegible]

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July 31 – August 3, 2025

Sunday (12 & Under Prelim) 11:15 – 11:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
SSYS	SUN	EAST	EAST	EAST	CRA	CRA	CRA	CRA	CRA	DHH	DHH	GS
	SYT											
	WW											

Sunday (12 & Under Prelim) 11:35 – 11:55 AM, Start 12:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
REV	REV	REV	KING	KING	KING	KING	SEAL	CCSC	CCSC	ARCT	ARCT	ARCT
							SEAC					
							CONY					

Team Warm Up Assignments

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Sunday Finals

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
4:15 – 4:35 PM Boys Only General (all lanes) 4:35 – 4:55 PM Girls Only General (all lanes) 4:55 – 5:10 PM Lanes 1-2 Pace Lanes 3-6, 10-13 General Lanes 7-10 Sprint 5:15 PM Meet Start												