

**CRA December 11-14, 2025
Prelim & Final Invite
Team Warm Up Assignments**

Thursday December 11-14, 2025 (Distance Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
			4:30 – 5:00 PM			General Warm Up All Lanes						
			5:00 – 5:10 PM			Lanes 1-2 Pace Lanes 3-5, 11-13 General Lanes 6-10 Sprint						
			5:10 PM			Pool Cleared						
			5:15 PM			Meet Start						

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Friday 7:00-7:30 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
EAST	EAST	EAST	EAST	CRA	CRA	CRA	CRA	CRA	LA	OPEN	OPEN	OPEN
								ONE				

Friday 7:30-8:00 AM (13 & Over Session)

[illegible]

Friday 8:00-8:30 AM (13 & Over Session) START: 8:35 AM

[illegible]

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[illegible]

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
EAST	EAST	EAST	EAST	CRA	CRA	CRA	CRA	CRA	LA	OPEN	OPEN	OPEN
								ONE				

[illegible]

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Sunday 7:00-7:30 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
WHAT	WHAT	LEHY	LEHY	RYWC	RYWC	LIE	LIE	LIE	LIE	WYW	WYW	WYW

Sunday 7:30-8:00 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
ZEUS	ZEUS	CDOG	CDOG	CDOG	SSAC	SSAC	YFD	YFD	CFIV	OPEN	OPEN	OPEN

Saturday 8:00-8:30 AM (13 & Over Session) START: 8:35 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
EAST	EAST	EAST	EAST	CRA	CRA	CRA	CRA	CRA	LA	OPEN	OPEN	OPEN
								ONE				

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12 & Under Prelims

Friday 12:00 – 12:30 PM, Meet Start 12:35 PM

Saturday 11:45 – 12:15 PM. Meet Start 12:20 PM

Saturday 11:45 – 12:15 PM. Meet Start 12:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
GENERAL WARM UP (ALL LANES) First 25 minutes of warm up all lanes General Warm Up Last 5 minutes of warm up all lanes 1-way sprints												

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FRIDAY FINALS

4:30-4:55 PM	All 12 & Under Finalist Only
4:55-5:25 PM	All 13 & Over Female Finalists Only
5:25-5:45 PM	All 13 & Over Male Finalists Only

5:45-5:55 PM (all finalists)												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	Sprint	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 5:55 PM

Meet Starts at 6:00 PM

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SATURDAY FINALS

4:30-4:55 PM	All 12 & Under Finalist Only
4:55-5:25 PM	All 13 & Over Male Finalists Only
5:25-5:45 PM	All 13 & Over Female Finalists Only

5:45-5:55 PM (all finalists)												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	Sprint	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 5:55 PM

Meet Starts at 6:00 PM

**CRA December 11-14, 2025
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SUNDAY FINALS

4:30-4:55 PM	All 12 & Under Finalist Only
4:55-5:25 PM	All 13 & Over Female Finalists Only
5:25-5:45 PM	All 13 & Over Male Finalists Only

5:45-5:55 PM (all finalists)												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	Sprint	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 5:55 PM

Meet Starts at 6:00 PM