

CRA Long Course Specialty & Distance Meet
May 8 – 10, 2026
MIT
Team Warm Up Assignments

Friday: 3:30 – 3:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes CRA, USC, ATST, PHX							

Friday 3:50 – 4:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes CRIM, REV, ABF, BAT, LA, XTRM, SEAL, SSYS, ARCT, EDGE, UVAC, ATLA,							

Friday 4:20 – 4:30 PM, Meet Start 4:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	SPRINT	SPRINT	SPRINT	General Warm Up Lanes 5-8			

CRA Long Course Specialty & Distance Meet
May 8 – 10, 2026
MIT
Team Warm Up Assignments

13 & Over: Saturday Morning 7:00 – 7:20 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CRA	CRA	CRA	CRA	CRA	CRA	CRIM	CRIM

13 & Over: Saturday Morning 7:20 – 7:40 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PHX	ATST	UVAC	REV	REV	REV	SSYS	BAT
SEAC							

13 & Over: Saturday Morning 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
USC	USC	ABF	ARCT	ATLA	EDGE	SEAL	LA
				KASC		XTRM	

CRA Long Course Specialty & Distance Meet
May 8 – 10, 2026
MIT
Team Warm Up Assignments

12 & Under Saturday Afternoon 2:30 – 2:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CRA	CRA	CRA	CRA	CRA	USC	USC	KASC
REV							

12 & Under Saturday Afternoon 2:50 – 3:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CRIM	CRIM	CRIM	SSYS	ABF	UVAC	LA	EDGE
						SEAC	SEAL
							ATLA

12 & Under Saturday Afternoon 3:10 – 3:30 PM, Start 3:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PHX	BAT	XTRM	ATST	ATST	ARCT	ARCT	ARCT

CRA Long Course Specialty & Distance Meet
May 8 – 10, 2026
MIT
Team Warm Up Assignments

13 & Over: Sunday Morning 7:00 – 7:20 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CRA	CRA	CRA	CRA	CRA	CRA	LA	LA
						ATLA	

13 & Over: Sunday Morning 7:20 – 7:40 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
USC	USC	ABF	ARCT	SEAL	EDGE	CRIM	CRIM
				XTRM	KASC		

13 & Over: Sunday Morning 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
PHX	ATST	UVAC	REV	REV	REV	SSYS	BAT
SEAC							

CRA Long Course Specialty & Distance Meet
May 8 – 10, 2026
MIT
Team Warm Up Assignments

12 & Under Sunday Afternoon 2:30 – 2:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CRA	CRA	CRA	CRA	CRA	USC	USC	KASC
REV							

12 & Under Sunday Afternoon 2:50 – 3:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PHX	BAT	XTRM	ATST	ATST	ARCT	ARCT	ARCT

12 & Under Sunday Afternoon 3:10 – 3:30 PM, Meet Start 3:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CRIM	CRIM	CRIM	SSYS	ABF	UVAC	LA	EDGE
						SEAC	SEAL
							ATLA

