

CRA October Distance & Specialty Meet Team Warm Up Assignments October 9-11, 2026

Friday

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 (ALL LANES 1-13) Warm Up 500 Free: 5:00-5:25 PM Start: 5:30 PM Warm Up 400 IM not before 6:20-6:45 PM Start: 6:50 PM												

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Saturday 8:45-9:10 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
STRM	STRM	STRM	CRA	CRA	CRA	CRA	CRA	CRA	CRA	OPEN	OPEN	OPEN
									REV			

Saturday 9:10-9:35 AM Start 9:40 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
MTST	YMNT	WTST	SSYS	ATST	ATST	LA	LA	ARCT	ARCT	OPEN	OPEN	OPEN
WMAD	CONY	NANT			KASC							

Saturday 12:30-12:50 PM (12 & Under Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ARCT	ARCT	ARCT	ARCT	LA	YMNT	NANT	CRA	CRA	CRA	CRA	CRA	CRA

Saturday 12:50-1:10 PM Start 1:15 PM (12 & Under Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ATST	ATST	MTSC	MTSC	SSYS	SSYS	STRM	STRM	WTST	KASC	OPEN	OPEN	OPEN
							CONY		WMAD			

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Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
MTST	YMNT	WTST	SSYS	ATST	ATST	LA	LA	ARCT	ARCT	OPEN	OPEN	OPEN
WMAD	CONY	NANT			KASC							

Sunday 9:10-9:35 AM Start 9:40 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
STRM	STRM	STRM	CRA	CRA	CRA	CRA	CRA	CRA	CRA	OPEN	OPEN	OPEN
									REV			

Sunday 12:30-12:50 PM (12 & Under Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
ATST	ATST	MTSC	MTSC	SSYS	SSYS	STRM	STRM	WTST	KASC	OPEN	OPEN	OPEN
							CONY		WMAD			

Sunday 12:50-1:10 PM Start 1:15 PM (12 & Under Session)

[illegible]

