

CHAMPION MEET 2025 Warm-up Assignments

Friday - 1650 Session

3:00-3:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Friday Open Session

5:00-5:25 PM

5:25-5:50 PM

5:50-6:15 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FSC/GBY	NEAT/MTRY	SPDY/MYST	FCYST	FCYST	OSHY	OSHY	OSHY
WYNS/GBSC	HSSB/ASC	SCY/RCSC	WAVE	WAVE	NLAC	NLAC	NLAC
SWAT / WBSC	OCSC	OCSC	VAST	VAST	YCV	WAC	DCSD

Saturday - 9 to 12 year old Session

7:00-7:15 AM

7:15-7:30 AM

7:30-7:45 AM

7:45-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCYST	FCYST	FCYST	NLAC	NLAC	OSHY	OSHY	OSHY
SPDY	WYNS	WYNS / MYST	OCSC	OCSC	VAST	VAST	VAST
GBSC	YCV	DCSD	WAC	GBY	NEAT/WASP	FSC/RCSC	SWAT/PASC
ASC	ASC/SCY	MTRY	MTRY	HSSB	HSSB	WAVE	WAVE / WBSC

Saturday - 8 & Under Session

12:30-12:40 PM

12:40-12:50 PM

1st warm-up group start warm-ups in the shallow end

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DCSD	NLAC	SWAT	VAST	OCSC	HSSB	SPDY	OSHY
ASC	WYNS	FCYST/NEAT	GBSC/YCV	GBY/SCY	WAC/WAVE	OTHERS	OTHERS

Saturday - Open Session

2:20-2:40 PM

2:40-3:00 PM

3:00-3:20 PM

3:20-3:40 PM

1st warm-up group start warm-ups in the shallow end

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCYST	FCYST	WAVE	WAVE	VAST	VAST	WAC	ASC
OCSC	OCSC	GBY	GBY	NLAC	NLAC	SPDY	SPDY
WYNS	WYNS	MTRY	WBSC	HSSB	HSSB	OSHY	OSHY
MYST	RCSC	SCY	Katharine	FSC	GBSC/CAST	PASC/DCSD	YCV/NEAT

Sunday - 9 to 12 year old Session

7:00-7:15 AM

7:15-7:30 AM

7:30-7:45 AM

7:45-8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FCYST	FCYST	FCYST	WAVE	WAVE	OSHY	OSHY	OSHY
VAST	VAST	NLAC	NLAC	GBSC	OCSC	OCSC	OCSC
MTRY	MTRY	WYNS	WYNS	HSSB	SPDY	YCY	ASC
WAC	NEAT	DCSD	FSC	SCY	SWAT	WBSC/MYST	GBY/RCSC

Sunday - 8 & Under Session

11:45-11:55 AM

11:55-12:05 PM

1st warm-up group start warm-ups in the shallow end

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NLAC	NLAC	DCSD	OCSC	SWAT	VAST	OSHY	OSHY
HSSB/WAVE	WYNS/YCV	GBY/NEAT	WAC/FCYST	GBSC/MTRY	SPDY/ASC	CAST/FSC/SCY	OTHERS

Sunday - Open Session

1:30-1:50 PM

1:50-2:10 PM

2:10-2:30 PM

1st warm-up group start warm-ups in the shallow end

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
OCSC	OCSC	FCYST	FCYST	NLAC	NLAC	OSHY	OSHY
WAVE	WAVE	SPDY	WYNS	MTRY	GBSC	ASC	NEAT
RCSC	HSSB	VAST/WBSC	VAST	GBY/SCY	YCV/CAST	MYST/FSC	WAC/DCSD