

Warmup Schedule

13&O Prelims

We will have open warm-ups, but split in two sections:

6:20am - 6:45am = NCAP, AAC, DRAG

6:45am - 7:10am = All other teams (APEX, BWST, CSC, FXFX, MAC, PM, PWSC, TANK, SDS, FISH, TSU, YORK)

One way starts (Lanes 1, 2, 7, 8) and pacing (Lanes 0 and 9) will begin with 10 minutes remaining in the aforementioned warm-ups.

12&U Timed Finals

We will only have one 20-minute warmup. Lanes will be crowded so work together with the teams you are sharing warm-up space with.

Friday: 1:05-1:25 PM, Sunday: 2:20-2:40 PM

Lanes 0, 1, 2 = NCAP

Lane 3 = PM, YORK

Lane 4 = CAA

Lane 5 = FISH

Lane 6 = PWSC, SDS, TANK, TSU

Lane 7 = FXFX, MAC

Lane 8 = APEX, BWST, CSC

Lane 9 = AAC, DRAG