

Regional Championships Warm-up, Saturday AM February 28, 2026

Warm Up: 7:15 AM, Start Time: 8:35 AM

Session 1			7:15 – 7:35			Session 1			7:35 – 7:55		
Lane	Age	Teams	Lane	Age	Teams	Lane	Age	Teams	Lane	Age	Teams
1	12/U Girls	LEHY-12	1	12/U Girls	CAC-7 SAQ-4	2	12/U Girls	MJCC-7	3	12/U Girls	NWYL-8
2	12/U Girls	LEHY-12	3	12/U Girls	WRTS-8	4	12/U Girls	WWRX-7	4	12/U Girls	LST-7
3	12/U Girls	WRTS-8	4	12/U Girls	WWRX-7	5	12/U Girls	IVY-7 OAK-1	5	12/U Girls	WMAD-3 WHAT-6
4	12/U Girls	WWRX-7	5	12/U Girls	IVY-7 OAK-1	6	12/U Girls	FVYT-10	6	12/U Girls	NCA-4 BSPL-5
5	12/U Girls	IVY-7 OAK-1	6	12/U Girls	FVYT-10						
6	12/U Girls	FVYT-10									

Session 3			7:55 – 8:20		
Lane	Age	Teams	Lane	Age	Teams
1	13/O Boys	LEHY-8	2	13/O Boys	LEHY-6, LST-1 CAC-1
2	13/O Boys	LEHY-6, LST-1 CAC-1	3	13/O Boys	BSPL-4, IVY-3 MJCC-2
3	13/O Boys	BSPL-4, IVY-3 MJCC-2	4	13/O Boys	WWRX-7 SAQ-2
4	13/O Boys	WWRX-7 SAQ-2	5	13/O Boys	WRTS-5 NCA-4,
5	13/O Boys	WRTS-5 NCA-4,	6	13/O Boys	FVYT-3, NWYL-3 WMAD-3
6	13/O Boys	FVYT-3, NWYL-3 WMAD-3			

Sprints	8:20 – 8:30
Lane 1	One Way Sprints
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace



Regional Championships Warm-up: Saturday PM, February 28, 2026

Warm Up: 12:15 PM, Start: 1:40 PM

Session 1			Session 2		
12:15 – 12:40			12:40 – 1:05		
Lane	Age	Teams	Lane	Age	Teams
1	13/O Girls	LEHY-7	1	13/O Girls	WWRX-12
2	13/O Girls	LEHY-7	2	13/O Girls	MJCC-8
3	13/O Girls	LEHY-7	3	13/O Girls	FVYT-9
					12:45 – 1:05
4	13/O Girls	WRTS-3, LST-1 CAC-4, OAK-1	4	12/U Boys	LEHY-10
5	13/O Girls	WMAD-2 BSPL-3 IVY-3	5	12/U Boys	LEHY-10
6	13/O Girls	NWYL-5 SAQ-2, NCA-2	6	12/U Boys	LEHY-10

Session 3		
1:05 – 1:25		
Lane	Age	Teams
1	12/U Boys	MJCC-8 NWYL-3
2	12/U Boys	WWRX-5 WMAD-5
3	12/U Boys	FVYT-6 WHAT-4
4	12/U Boys	WRTS-8 SAQ-1
5	12/U Boys	NCA-5, LST-3 IVY-2
6	12/U Boys	CAC-3, BSPL-3 OAK-3

Sprints	1:25 – 1:35
Lane 1	One Way Sprints
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace



Regional Championships Warm-up: Sunday AM, March 1, 2026

Warm-Up Time: 7:15 AM, Start Time: 8:35 AM

Session 1			Session 2		
7:15 – 7:40			7:40 – 8:00		
Lane	Age	Teams	Lane	Age	Teams
1	13/O Boys	LEHY-8	1	12/U Girls	WRTS-6 WHAT-6
2	13/O Boys	LEHY-5, NCA-3 SAQ-1,	2	12/U Girls	IVY-11
3	13/O Boys	IVY-6, LST-1 WMAD-3	3	12/U Girls	CAC-9
4	13/O Boys	FVYT-4 WRTS-6	4	12/U Girls	LEHY-11
5	13/O Boys	WWRX-7, NWYL-3	5	12/U Girls	LEHY-11
6	13/O Boys	MJCC-2, BSPL-5 CAC-1	6	12/U Girls	LST-7 WMAD-3

Session 3		
8:00 – 8:20		
Lane	Age	Teams
1	12/U Girls	NCA-4 NWYL-7
2	12/U Girls	FVYT-12
3	12/U Girls	SAQ-6
4	12/U Girls	MJCC-12
5	12/U Girls	WWRX-7
6	12/U Girls	OAK-4 BSPL-5

Sprints	8:20 – 8:30
Lane 1	One Way Sprints
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace



Regional Championships Warm-up: Sunday PM, March 1, 2026

Warm-Up Time: 12:15 PM, Start: 1:40 PM

Session 1			12:15-12:40			Session 2			12:40-1:05		
Lane	Age	Teams		Lane	Age	Teams		Lane	Age	Teams	
1	13/O Girls	LEHY-9		1	13/O Girls	WWRX-11					
2	13/O Girls	LEHY-9		2	13/O Girls	BSPL-3, CAC-1 MJCC-3					
										12:45-1:05	
3	13/O Girls	NCA-5 WMAD-2		3	12/U Boys	WRTS-7 SAQ-1					
4	13/O Girls	WRTS-4, SAQ-3		4	12/U Boys	LEHY-8					
5	13/O Girls	FVYT-10		5	12/U Boys	LEHY-8					
6	13/O Girls	IVY-5, LST-1 NWYL-2		6	12/U Boys	LEHY-9					

Session 3			1:05-1:25		
Lane	Age	Teams			
1	12/U Boys	IVY-3, OAK-3 NCA-3			
2	12/U Boys	MJCC-12			
3	12/U Boys	WMAD-4 BSPL-3			
4	12/U Boys	NWYL-3, WWRX-5			
5	12/U Boys	FVYT-8,			
6	12/U Boys	LST-3, CAC-2 WHAT-4			

Sprints	1:25 – 1:35
Lane 1	One Way Sprints
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace

