

2025 11-14 Age Group Champs Warm-ups							
13/14 Thursday WU 1:15p, Start 2:00p							
1:15-1:40p Lanes 1-8 General WU- 1:40-1:55p Lanes 1,2,7,8 Pace, Lane 3 Starts, Lane 4,5,6 Circle							
13/14 Thursday Relay/12/U Distance WU 5:00p, Start 5:35p							
5:00-5:20p Lanes 1-8 General WU - 5:20-5:30p Lanes 1,7,8 Pace, Lanes 2,3,6 Starts, Lane 4,5 Circle							
PRELIMS 11/12 & 13/14				FINALS 11/Over			
Friday							
	7:00-7:25a	7:25-8:00a	8:00-8:15a		4:00-4:20p	4:20-4:40p	4:40 - 4:55p
	GENERAL	GENERAL	SPECIFIC		GENERAL	GENERAL	SPECIFIC
Lane 1	11/12 OPEN	13/14 OPEN	Pace	Lane 1	13/14 OPEN	11/12OPEN	Pace
Lane 2			STARTS	Lane 2			STARTS
Lane 3			STARTS	Lane 3			STARTS
Lane 4			Circle	Lane 4			Circle
Lane 5			Circle	Lane 5			Circle
Lane 6			STARTS	Lane 6			STARTS
Lane 7			STARTS	Lane 7			STARTS
Lane 8			Pace	Lane 8			Pace
Saturday							
	7:00-7:35a	7:35-8:00a	8:00-8:15a		4:00-4:20p	4:20-4:40p	4:40 - 4:55p
	GENERAL Warm-up	GENERAL Warm-up	SPECIFIC		GENERAL	GENERAL	SPECIFIC
Lane 1	13/14 OPEN	11/12 OPEN	Pace	Lane 1	11/12 OPEN	13/14OPEN	Pace
Lane 2			STARTS	Lane 2			STARTS
Lane 3			STARTS	Lane 3			STARTS
Lane 4			Circle	Lane 4			Circle
Lane 5			Circle	Lane 5			Circle
Lane 6			STARTS	Lane 6			STARTS
Lane 7			STARTS	Lane 7			STARTS
Lane 8			Pace	Lane 8			Pace
Sunday							
	7:00-7:25a	7:25-8:00a	8:00-8:15a		4:00-4:20p	4:20-4:40p	4:40 - 4:55p
	GENERAL Warm-up	GENERAL Warm-up	SPECIFIC		GENERAL	GENERAL	SPECIFIC
Lane 1	11/12 OPEN	13/14 OPEN	Pace	Lane 1	13/14 OPEN	11/12OPEN	Pace
Lane 2			STARTS	Lane 2			STARTS
Lane 3			STARTS	Lane 3			STARTS
Lane 4			Circle	Lane 4			Circle
Lane 5			Circle	Lane 5			Circle
Lane 6			STARTS	Lane 6			STARTS
Lane 7			STARTS	Lane 7			STARTS
Lane 8			Pace	Lane 8			Pace