

CT LEHY LC 12U Regional Warm Ups
Saturday AM July 19, 2025

Warm up 7:20 AM; Meet Start 8:15 AM

| Session 1 (26) | | 7:20 – 7:40 | | Session 1 (26) | | 7:40 – 8:00 | |
|-------------------|------|------------------|--|-------------------|------|-------------------|--|
| Lane | Age | Teams | | Lane | Age | Teams | |
| 1 | 12/U | LEHY-17 | | 1 | 12/U | FVYT-11 VSYM-4 | |
| 2 | 12/U | LEHY 16 | | 2 | 12/U | GLAS-19 | |
| 3 | 12/U | HHAC-10 TAC-4 | | 3 | 12/U | NCA-10 SAO-4 | |
| 4 | 12/U | BSPL-9 FINS-4 | | 4 | 12/U | WHAT-9 HALE-4 | |
| 5 | 12/U | SYS-14 | | 5 | 12/U | RAYS-18 | |
| 6 | 12/U | CAT-16 | | 6 | 12/U | MAC-8 WRTS-5 | |
| 7 | 12/U | WFYD-14 | | 7 | 12/U | SEAL-8 IVY-5 | |
| 8 | 12/U | WWRX-12 | | 8 | 12/U | NWYL-7 WMAD-5 | |
| | | 115 | | | | 117 | |

| | |
|---------|-----------|
| Sprints | 8:00-8:10 |
| Lane 1 | Pace |
| Lane 2 | Pace |
| Lane 3 | Sprint |
| Lane 4 | Sprint |
| Lane 5 | Sprint |
| Lane 6 | Sprint |
| Lane 7 | Sprint |
| Lane 8 | Circle |

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| Session 1 (26) | | | Session 1 (26) | | |
|-------------------|------|-------------------|-------------------|------|------------------|
| Lane | Age | Teams | Lane | Age | Teams |
| 1 | 12/U | NWYL-5 WMAD-5 | 1 | 12/U | WWRX-12 |
| 2 | 12/U | SEAL-9 IVY-4 | 2 | 12/U | WFYD-11 |
| 3 | 12/U | MAC-7 WRYS-5 | 3 | 12/U | CAT-12 |
| 4 | 12/U | RAYS-16 | 4 | 12/U | SYS-13 |
| 5 | 12/U | WHAT-9 SAO-4 | 5 | 12/U | BSPL-8 FINS-4 |
| 6 | 12/U | NCA-10 HALE-2 | 6 | 12/U | HHAC-10 |
| 7 | 12/U | GLAS-17 | 7 | 12/U | LEHY 18 |
| 8 | 12/U | FVYT-10 VSYM-3 | 8 | 12/U | LEHY-19 |
| | | 106 | | | 107 |

| | |
|----------------|------------------|
| Sprints | 8:00-8:10 |
| Lane 1 | Pace |
| Lane 2 | Pace |
| Lane 3 | Sprint |
| Lane 4 | Sprint |
| Lane 5 | Sprint |
| Lane 6 | Sprint |
| Lane 7 | Sprint |
| Lane 8 | Circle |