

Regional Championships Warm-up, Saturday AM March 1, 2025

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

Session 1			Session 1		
7:15 – 7:35			7:35 – 7:55		
Lane	Age	Teams	Lane	Age	Teams
1	12/U Girls	LEHY-9	1	12/U Girls	GLAS-8
2	12/U Girls	LEHY-9	2	12/U Girls	MJCC-6
3	12/U Girls	LEHY-9	3	12/U Girls	MJCC-5
4	12/U Girls	FVYT-7	4	12/U Girls	WWRX-8
5	12/U Girls	FVYT-7	5	12/U Girls	SAQ-5 IVY-3
6	12/U Girls	OAK-10	6	12/U Girls	NCA-6 WMAD-1

Session 3		
7:55 – 8:20		
Lane	Age	Teams
1	13/O Boys	LEHY-7 WMAD-1
2	13/O Boys	IVY-6 OAK-4
3	13/O Boys	GLAS-6 MJCC-2
4	13/O Boys	WWRX-7
5	13/O Boys	FVYT-11
6	13/O Boys	NCA-1 SAQ-6

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, March 1, 2025

Warm Up: 12:00 PM, Start: 1:25 PM

Session 1			12:00 – 12:25	Session 2			12:25 – 12:50
Lane	Age	Teams		Lane	Age	Teams	
1	13/O Girls	LEHY-10		1	13/O Girls	WWRX-12	
2	13/O Girls	LEHY-10		2	13/O Girls	SAQ-2 NCA-5	
3	13/O Girls	MJCC-7		3	13/O Girls	OAK-5 IVY-3	
4	13/O Girls	MJCC-7		4	13/O Girls	FVYT-8	
						12:30 – 12:50	
5	13/O Girls	GLAS-7		5	12/U Boys	LEHY-13	
6	13/O Girls	GLAS-6		6	12/U Boys	LEHY-12	

Session 3			12:50 – 1:10
Lane	Age	Teams	
1	12/U Boys	MJCC-12	
2	12/U Boys	WWRX-8	
3	12/U Boys	FVYT-13	
4	12/U Boys	OAK-5 SAQ-3	
5	12/U Boys	IVY-1 NCA-7	
6	12/U Boys	GLAS-4 WMAD-5	

Sprints	1:10 – 1:20
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 2, 2025

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

Session 1			7:15 – 7:40	Session 2			7:40 – 8:00
Lane	Age	Teams		Lane	Age	Teams	
1	13/O Boys	LEHY-8		1	12/U Girls	FVYT-9	
2	13/O Boys	GLAS-7 WMAD-1		2	12/U Girls	FVYT-8	
3	13/O Boys	IVY-7 NCA-1		3	12/U Girls	OAK-10	
4	13/O Boys	FVYT-10		4	12/U Girls	LEHY-8	
5	13/O Boys	WWRX-8		5	12/U Girls	LEHY-9	
6	13/O Boys	SAQ-6 OAK-5		6	12/U Girls	LEHY-9	

Session 3			8:00 – 8:20
Lane	Age	Teams	
1	12/U Girls	IVY-8	
2	12/U Girls	NCA-7	
3	12/U Girls	SAQ-6 WMAD-1	
4	12/U Girls	MJCC-7	
5	12/U Girls	GLAS-9	
6	12/U Girls	WWRX-8	

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 2, 2025

Warm-Up Time: 12:00 PM, Start: 1:25 PM

Session 1		12:00-12:25		Session 2		12:25-12:50	
Lane	Age	Teams		Lane	Age	Teams	
1	13/O Girls	LEHY-9		1	13/O Girls	WWRX-12	
2	13/O Girls	LEHY-8		2	13/O Girls	IVY-4 SAQ-3	
3	13/O Girls	LEHY-8		3	13/O Girls	NCA-5	
4	13/O Girls	MJCC-12		4	13/O Girls	FVYT-12	
						12:30-12:50	
5	13/O Girls	GLAS-13		5	12/U Boys	LEHY-11	
6	13/O Girls	OAK-9		6	12/U Boys	LEHY-11	

Session 3	12:55-1:10	
Lane	Age	Teams
1	12/U Boys	IVY-4 NCA-8
2	12/U Boys	MJCC-12
3	12/U Boys	WWRX-8
4	12/U Boys	GLAS-4 WMAD-5
5	12/U Boys	FVYT-14
6	12/U Boys	SAQ-4 OAK-6

Sprints	1:10 – 1:20
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

