

2025 CT SR Championship



Prelims Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
7:00-8:30am	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
8:30-9:00am	Pace	One Way Sprints	One Way Sprints	Circle Swim	Circle Swim	Circle Swim	One Way Sprints	One Way Sprints	One Way Sprints	Pace

Finals Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
3:15-4:30pm	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
4:30-5:00pm	Pace	One Way Sprints	One Way Sprints	Circle Swim	Circle Swim	Circle Swim	One Way Sprints	One Way Sprints	One Way Sprints	Pace