



2026 ACAC – The Tundra

Warmup and Competition Information

1) **Warmup & Competition times:** The warmup and competition times for each session are listed below:

	Fri	Sat	Sun
Prelims		<i>Split Warmups:</i> Warmup 1: 7:30-8:10am Warmup 2: 8:10-8:50am Competition: 9:00am	<i>Split Warmups:</i> Warmup 1: 7:30-8:10am Warmup 2: 8:10-8:50am Competition: 9:00am
Afternoon (12&U)		<i>Split Warmups:</i> Warmup 1: 12:00-12:30pm Warmup 2: 12:30-1:00pm Competition: 1:10pm	<i>Split Warmups:</i> Warmup 1: 12:00-12:30pm Warmup 2: 12:30-1:00pm Competition: 1:10pm
Timed Finals / Finals	<i>Split Warmups:</i> Warmup 1: 4:30-5:10pm Warmup 2: 5:10-5:50pm Competition: 6:00pm	<i>Warmups:</i> 4:45-5:35pm Competition: 5:45pm	<i>Warmups:</i> 4:45-5:35pm Competition: 5:45pm

Per Iowa rules, the first half of warm-up will be general, after which coaches may request that the invigilating official open lanes for starts.

Please note that there will always be five lanes continuously available for warm-up and cool-down during a session.

2) **Warmups:**

Sessions 1 (Fri), 2 (Sat Prelims), 3 (Sat PM), 5 (Sun Prelims), and 6 (Sun PM) will have split warmups. All other sessions will have a single warmup period. For the Friday timed finals session 13 & Over swimmers will be in the main competition pool, and 10&U swimmers will be in the 5 lane warmup / cool down pool area. Coaches may place 11-12 swimmers in either pool as space allows. All other warmup periods do not have assigned lanes. The breakdown of teams for the sessions with split warmups is as follows:



Session 1 - Friday timed final session:

Warmup 1	Warmup 2
ACAC LMST SEA WW	DASH FAST GCA MCSC NST NOR PRNH STRM-MN STRM-WI UN-BE USSD VCTY WEST

Session 2 - Saturday 13&O Prelims:

Warmup 1	Warmup 2
ACAC FAST LMST NOR USSD VCTY WEST	CAST CSC DASH GCA MCSC NST PRNH SEA STRM-MN STRM-WI WW

Session 3 - Saturday 12&U Timed Finals:

Warmup 1	Warmup 2
ACAC CSC DASH DSMY NST SEA UN-BE WW	BLST CAST GCA LMST MCSC NOR PRNH USSD VCTY



Session 5 - Sunday 13&O Prelims:

Warmup 1	Warmup 2
BLST	ACAC
CAST	LMST
CSC	NOR
DASH	USSD
FAST	VCTY
GCA	WEST
MCSC	
NST	
PRNH	
SEA	
STRM-MN	
STRM-WI	
WW	

Session 6 - Sunday 12&U Timed Finals:

Warmup 1	Warmup 2
BLST	ACAC
CAST	CSC
GCA	DASH
LMST	DSMY
MCSC	NST
NOR	SEA
PRNH	UN-BE
USSD	UN-SC
VCTY	WW