

2025 IASI Winter East Regional – Warm-up Time & Lane Assignments

Saturday Morning – Split

#1 - 7:00-7:40 AM;

DASH	Lanes 9 – 13
LMST	Lanes 1 – 3
COE	Lane 4
PSC	Lanes 5 & 6
NS	Lanes 7 & 8
DMET	Lane 8

#2 – 7:40-8:20 AM;

IFLY	Lanes 1 & 2 / 11 – 13
ICE	Lanes 3 & 4
BETT	Lanes 5 & 6 / 9
MACR	Lanes 7 & 8 / 10
GRAC	Lane 4

Saturday Afternoon – 12:45-1:20 PM;

MACR	Lanes 1 – 3
IFLY	Lane 4
DASH	Lane 8
LMST	Lane 5
GRAC	Lane 6
BETT	Lane 7
ICE	Lane 7
NS	Lane 7
PSC	Lane 5
DMET	Lane 6

Saturday Evening – 4:45-5:35 PM;

IFLY	Lanes 1 – 3
DASH	Lanes 12 & 13
LMST	Lanes 10 & 11
COE	Lane 9
DMET	Lane 4
ICE	Lane 5
MACR	Lane 6
BETT	Lane 7
NS	Lane 8
PSC	Lane 10
GRAC	Lane 13

Sunday Morning – Split

#1 – 7:00-7:40 AM;

DASH	Lanes 9 – 13
IFLY	Lanes 1 – 4
ICE	Lanes 5 & 6
NS	Lanes 7 & 8

#2 – 7:40-8:20 AM;

LMST	Lanes 11 – 13
COE	Lane 10
DMET	Lane 6
MACR	Lanes 7 & 8 / 9
GRAC	Lane 6
BETT	Lanes 1 – 3
PSC	Lanes 4 & 5

Sunday Afternoon – 12:45-1:35 PM;

IFLY	Lanes 1 & 2 / 9
DASH	Lanes 11 – 13
COE	Lane 6
LMST	Lanes 8 / 10
MACR	Lane 3
DMET	Lanes 4 & 5
PSC	Lane 8
BETT	Lane 5
NS	Lane 7
ICE	Lane 7
GRAC	Lane 11