

**2026 IA NST Nordic Last Chance - 1/25/2026****Warm-up Sheet**

Warm-up Starts at 08:30 AM

Session: 1 Sunday AM

Day of Meet: 1 Starts at 09:30 AM

Total Athletes: 82 - Women: 56 - Men: 26

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>	
NST-IA	Northeastern Swim Team	36	6	42	<a href="#">Diving Well 1-4, Comp 1-2</a>
VAC-IA	Vinton Aquatic Club, Inc.	12	9	21	<a href="#">Comp 3-5</a>
RSC-MN	Rochester Swim Club	4	8	12	<a href="#">Comp 6-7</a>
USSD-IA	USS Destroyers Swim Club	4	3	7	<a href="#">Comp 8</a>

**2026 IA NST Nordic Last Chance - 1/25/2026****Warm-up Sheet**

Warm-up Starts at 12:30 PM

Session: 2 Sunday PM

Day of Meet: 1 Starts at 01:30 PM

Total Athletes: 47 - Women: 36 - Men: 11

<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>	
NST-IA	Northeastern Swim Team	9	3	12	<u>Comp 1-2</u>
RSC-MN	Rochester Swim Club	7	4	11	<u>Comp 3-4</u>
BSSC-IA	Big Six Swim Club	5	3	8	<u>Comp 5</u>
USSD-IA	USS Destroyers Swim Club	8	0	8	<u>Comp 6</u>
VAC-IA	Vinton Aquatic Club, Inc.	7	1	8	<u>Comp 7</u>