

2025 ASC All Freestyle Meet

Warm-up Schedule

Session 1: Friday, October 03, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:25 pm	One Way Sprint	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	One Way Sprint
4:25-4:50 pm	One Way Sprint	SPRC	SPRC	FAST	SPY	HAWK	GBSA	One Way Sprint

Warm up/Warm down Pool

4:00-4:25 pm	Bulkhead	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:25-4:50 pm	Bulkhead	ACA	ACA	HFY	YCM	YCM	ASC	ASC	ASC	ASC	ASC	ASC

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Warm-up Schedule

Session 2: Saturday, October 04, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:25 am	ASC	ASC	ASC	ASC	ASC	SPRC	SPRC	SPRC
8:25-8:50 am	One Way Sprint	JCC	GBSA	FAST	FAST	FAST	FAST	One Way Sprint

Warm up/Warm down Pool

8:00-8:25 am	Bulkhead	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8:25-8:50 am	Bulkhead	HAWK	HAWK	HFY	SPY	SPY	SPY	YCM	YCM	YCM	YCM	OPEN

2025 ASC All Freestyle Meet

Warm-up Schedule

Session 3: Saturday, October 04, 2025

Competition Pool

11:55am-12:20pm	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	One Way Sprint	SPRC	ASC	ASC	ASC	ASC	ASC	One Way Sprint

Warm up/Warm down Pool

11:55am-12:20pm	Bulkhead	SPY	HFY	YCM	YCM	HAWK	HAWK	JCC	GBSA	FAST	FAST	OPEN
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2025 ASC All Freestyle Meet

Warm-up Schedule

Session 4: Saturday, October 04, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:00-3:25 pm	One Way Sprint	ASC	ASC	ASC	ASC	ASC	ASC	One Way Sprint
3:25-3:50 pm	One Way Sprint	YCM	YCM	YCM	YCM	SPY	SPY	One Way Sprint

Warm up/Warm down Pool

3:00-3:25 pm	Bulkhead	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
3:25-3:50 pm	Bulkhead	GBSA	SPRC	JCC	HFY	HAWK	FAST	FAST	FAST	FAST	OPEN	OPEN

2025 ASC All Freestyle Meet

Warm-up Schedule

Session 5: Sunday, October 05, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:25 am	One Way Sprint	ASC	ASC	ASC	ASC	ASC	ASC	One Way Sprint
8:25-8:50 am	One Way Sprint	FAST	FAST	FAST	GBSA	GBSA	GBSA	One Way Sprint

Warm up/Warm down Pool

8:00-8:25 am	Bulkhead	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8:25-8:50 am	Bulkhead	JCC	YCM	HAWK	SPRC	SPRC	SPRC	SPY	SPY	SPY	SPY	OPEN

2025 ASC All Freestyle Meet

Warm-up Schedule

Session 6: Sunday, October 05, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:00-11:25 am	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
11:25-11:50 am	One Way Sprint	YCM	YCM	YCM	JCC	SPY	SPY	One Way Sprint

Warm up/Warm down Pool

11:00-11:25 am	Bulkhead	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
11:25-11:50 am	Bulkhead	FAST	FAST	SPRC	SPRC	GBSA	HFY	HAWK	ASC	ASC	ASC

2025 ASC All Freestyle Meet

Warm-up Schedule

Session 7: Sunday, October 05, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:30-2:55 pm	SPY	SPY	SPY	ASC	ASC	ASC	ASC	ASC
2:55-3:20 pm	One Way Sprint	YCM	YCM	YCM	YCM	YCM	YCM	One Way Sprint

Warm up/Warm down Pool

2:30-2:55 pm	Bulkhead	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
2:55-3:20 pm	Bulkhead	HFY	JCC	SPRC	SPRC	FAST	FAST	FAST	HAWK	GBSA	OPEN	OPEN