

2025 ASC Senior Meet

Warm-up Schedule

Session 1 Saturday, February 01, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:35-7:00 am	NAAC	NAAC	NAAC	NAAC	NAAC	ASC	ASC	ASC
7:00-7:25 am	One Way Sprint	EST	EST	EST	EST	MAS	FAST	One Way Sprint
7:25-7:50 am	One Way Sprint	YCM	YCM	YCM	SPRC	NCAP	NCAP	One Way Sprint

Warm up/Warm down Pool

6:35-7:00 am	Bulkhead	ASC	ASC	ASC	ASC	ASC	ASC	OPEN	OPEN	OPEN	OPEN	OPEN
7:00-7:25 am	Bulkhead	CAA	CAA	CAA	CAA	ACSS	RAC	RAC	MBK	ACA	ACA	OPEN
7:25-7:50 am	Bulkhead	FSC	FSC	FSC	FSC	HAWK	MAC	MAC	MAC	MAC	MAC	OPEN

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Session 2 Saturday, February 01, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-1:25 pm	One Way Sprint	SPRC	NCAP	NCAP	CAA	CAA	CAA	One Way Sprint
1:25-1:50 pm	One Way Sprint	NAAC	NAAC	NAAC	YCM	MAC	MAC	One Way Sprint

Warm up/Warm down Pool

1:00-1:25 pm	Bulkhead	ASC	ASC	ASC	ASC	ASC	ASC	ASC	ASC	OPEN	OPEN	OPEN
1:25-1:50 pm	Bulkhead	FSC	FSC	RAC	MBK	MAS	FAST	EST	OPEN	OPEN	OPEN	OPEN

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Session 3 Saturday, February 01, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:55-6:20 pm	One Way Sprint	NCAP	NCAP	CAA	CAA	FSC	FSC	One Way Sprint

Warm up/Warm down Pool

5:55-6:20 pm	Bulkhead	HAWK	HAWK	SPRC	NAAC MAS	YCM FAST	RAC MAC	EST	ASC	ASC	ASC	ASC
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2025 ASC Senior Meet

Warm-up Schedule

Session 4 Sunday, February 02, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:35-7:00 am	ASC	ASC	ASC	ASC	ASC	ASC	ASC	ASC
7:00-7:25 am	One Way Sprint	SPRC	ACA	ACA	NCAP	NCAP	NCAP	One Way Sprint
7:25-7:50 am	One Way Sprint	HAWK	MAS	CAA	CAA	CAA	CAA	One Way Sprint

Warm up/Warm down Pool

6:35-7:00 am	Bulkhead	ASC	ASC	ASC	ASC	ASC	ASC	OPEN	OPEN	OPEN	OPEN	OPEN
7:00-7:25 am	Bulkhead	EST UN	EST	EST	MAC	MAC	MAC	NAAC	NAAC	NAAC	RAC	RAC
7:25-7:50 am	Bulkhead	FAST	FAST	YCM	YCM	YCM	YCM	MBK	FSC	FSC	FSC	FSC

2025 ASC Senior Meet

Warm-up Schedule

Session 5 Sunday, February 02, 2025

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-1:25 pm	One Way Sprint	NAAC	NAAC	NAAC	FSC	FSC	SPRC	One Way Sprint
1:25-1:50 pm	One Way Sprint	CAA	CAA	CAA	CAA	MAC	MAC	One Way Sprint

Warm up/Warm down Pool

1:00-1:25 pm	Bulkhead	FAST	ASC	ASC	ASC	ASC	ASC	ASC	ASC	ASC	ASC	OPEN
1:25-1:50 pm	Bulkhead	YCM	YCM	EST	NCAP	NCAP	NCAP	MAS	RAC	MBK	OPEN	OPEN