

2026 ASC Senior Meet

Warm-up Schedule

Session 1: Saturday, January 31, 2026

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:35-7:00 am	ASC UN	ASC	ASC	ASC	ASC	ASC	ASC	ASC
7:00-7:25 am	One Way Sprint	RAC UN	RAC	MBK	NAAC	NAAC	NAAC	One Way Sprint
7:25-7:50 am	One Way Sprint	MAC	MAC	MAC	MAC	NCAP	NCAP	One Way Sprint

Warm up/Warm down Pool

6:35-7:00 am	Bulkhead	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
7:00-7:25 am	Bulkhead	SPRC	SPRC	FAST	FAST	FAST	CAA	CAA	CAA	CAA	CAA	CAA
7:25-7:50 am	Bulkhead	ACA	ACSS	EST	EST	EST	FSC	FSC	FSC	FSC	MAS	MAS

2026 ASC Senior Meet

Warm-up Schedule

Session 2: Saturday, January 31, 2026

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00-12:25 pm	One Way Sprint	MAC	MAC	MAC	FSC	FSC	FSC	One Way Sprint
12:25-12:50 pm	One Way Sprint	CAA	CAA	CAA	CAA	CAA	MAS	One Way Sprint

Warm up/Warm down Pool

12:00-12:25 pm	Bulkhead	RAC UN	SPRC	ASC UN	ASC	ASC	ASC	ASC	ASC	ASC	ASC	OPEN
12:25-12:50 pm	Bulkhead	NAAC	NAAC	NAAC	FAST	FAST	MBK	ACA	NCAP	NCAP	NCAP	OPEN

2026 ASC Senior Meet

Warm-up Schedule

Session 3: Saturday, January 31, 2026

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:25pm-5:50pm	One Way Sprint	NCAP	MAC	FSC	ASC UN	ASC	ASC	One Way Sprint

Warm up/Warm down Pool

5:25pm-5:50pm	Bulkhead	FAST	MBK	MAS	SPRC	NAAC	CAA	OPEN	OPEN	OPEN	OPEN	OPEN
---------------	----------	------	-----	-----	------	------	-----	------	------	------	------	------

2026 ASC Senior Meet

Warm-up Schedule

Session 5: Sunday, February 01, 2026

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00-12:25 pm	One Way Sprint	NAAC	NAAC	NAAC	MAS	NCAP	NCAP	One Way Sprint
12:25-12:50 pm	One Way Sprint	RAC UN	RAC	SPRC	MBK	FAST	FAST	One Way Sprint

Warm up/Warm down Pool

12:00-12:25 pm	Bulkhead	FSC	FSC	FSC	ASC UN	ASC	ASC	ASC	ASC	ASC	ASC	ASC
12:25-12:50 pm	Bulkhead	MAC	MAC	MAC	ACA	CAA	CAA	CAA	CAA	CAA	CAA	OPEN