

2025 CAC Spring "Swimming to the 80's" LCM Swim Meet Warm Up Assignments

SATURDAY/SUNDAY AM WARM UP SESSIONS

	1	2	3	4	5	6	7	8
7:00 - 8:25AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY MIDDAY DISTANCE SESSIONS

	1	2	3	4	5	6	7	8
11:00-11:50AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY 12 & UNDER AFTERNOON SESSIONS

	1	2	3	4	5	6	7	8
2:00 - 2:25PM	CAC	CAC	CAC	SMDA	SMDA	HAWK	HAWK	ROCK
2:25 - 2:50PM	BAY	BAY	BAY	CAA	CAA	CAA	CAA	GMAC

SUNDAY MIDDAY DISTANCE SESSIONS

	1	2	3	4	5	6	7	8
11:00-11:50AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SUNDAY 12 & UNDER AFTERNOON SESSIONS

	1	2	3	4	5	6	7	8
1:30 - 1:55PM	CAC	CAC	CAC	SMDA	SMDA	HAWK	HAWK	ROCK
1:55 - 2:20PM	BAY	BAY	BAY	CAA	CAA	CAA	CAA	GMAC