

GBSA LCQ MEET 2025

[February 7-8, 2025]

WARM-UP SCHEDULE

Friday Evening: Session-I

Time/Lane	1	2	3	4	5	6	7	8
4:30-4:55	GBSA	SPY	FAST	EST	EST	EST	EST/CGA	ASC
4:55-5:20	CAA	CAA	CAA	MAS/CAA	SPRC	SPRC/RAC	RAC	ACA

Saturday Morning: Session-II

Time/Lane	1	2	3	4	5	6	7	8
11:15-11:40	GBSA	GBSA	GBSA	GBSA	ACA/CGA	CGA	SPY	SPY
11:40-12:05	EST	EST	EST	EST	FAST/EST	FAST/SPRC	SPRC/ASC	ASC
12:05-12:30	CAA	CAA	CAA	CAA	RAC/CAA	RAC	MAS	MAS

Saturday Afternoon: Session-III

Time/Lane	1	2	3	4	5	6	7	8
4:05-4:30	RAC	RAC	SPRC	ASC/SPRC	ASC	MAS/ASC	MAS	MAS
4:30-4:55	CGA	CGA	ACA	FAST/ACA	FAST/BCSC	CAA	CAA	CAA
4:55-5:20	GBSA	GBSA	EST	EST	EST	EST/SPY	SPY	SPY

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[February 9, 2025]

WARM-UP SCHEDULE

Sunday Morning: Session-IV

Time/Lane	1	2	3	4	5	6	7	8
6:30-6:55	GBSA	GBSA	GBSA	GBSA/RAC	RAC	MAS	MAS/FAST	FAST
6:55-7:20	CAA	CAA	CAA	CAA	SPY	SPY	ASC	ASC
7:20-7:45	EST	EST	EST	EST	CGA	CGA/SPRC	SPRC	SPRC/ACA

Sunday Afternoon: Session-V

Time/Lane	1	2	3	4	5	6	7	8
11:45-12:10	EST	EST	EST	EST/SPRC	SPRC	FAST	FAST	FAST
12:10-12:35	ASC	ASC	CGA	CGA	SPY	SPY	ACA	ACA
12:35-1:00	GBSA	GBSA/CAA	CAA	CAA/BCSC	MAS	MAS	MAS/RAC	RAC