

GBSA TSF Meet 2025 Warm up Schedule

Friday 11/14/2025

Lane	1	2	3	4	5	6	7	8
4:30-5	open	open	open	open	open	open	open	open
5-5:20	12+U	12+U	12+U	pace	pace	Pace or open	Sprints one way	Sprints one way

Saturday 11/15/2025 AM

Lane	1	2	3	4	5	6	7	8
10:15	GBSA	GBSA	GBSA	GBSA	GBSA	SPRC/GBSA	SPRC	SPRC
10:40	FAST	FAST	CAA	CAA	RAC	RAC	RAC	RAC/SMDA/GMAC
11:05	Sprints one way	→→→→→						

Saturday 11/15/2025 PM

Lane	1	2	3	4	5	6	7	8
2:45	SPRC	SPRC	SPRC	FAST/SPRC	FAST	FAST	FAST/CAA	CAA
3:10	GBSA	GBSA	GBSA/RAC	RAC	RAC	RAC	SMDA	SMDA/FCY
3:35	Sprints one way	→→→→→						

Sunday 11/16/2025 AM

Lane	1	2	3	4	5	6	7	8
7:00	GBSA	GBSA	GBSA	GBSA	GBSA/GMAC	SPRC	SPRC	SMDA/GMAC
7:25	RAC	RAC	RAC	CAA	CAA	CAA/FAST	FAST	FAST
7:50	Sprints one way	→→→→→						

Sunday 11/16/2025 PM

Lane	1	2	3	4	5	6	7	8
11:15	FAST	FAST	FAST	FAST	RAC	RAC	RAC	SMDA or Open
11:40	GBSA	GBSA	GBSA/FCY	CAA	SPRC	SPRC	SPRC	SMDA
12:05	Sprint one way	→→→→→						