

2025 TYDE WINTER CHAMPIONSHIP- TEAM WARM UPS

SESSION 1: FRIDAY NIGHT - Open Warm Up from 4:15 to 5:15 meet start at 5:30 pm

	Team	POOL	LANE #	TIME
	Open	Diving Well Pool	1-8	4:15 pm -5:15pm

SESSION 2: SATURDAY AM PRELIMS Warm-up from 7:00 to 8:30 meet start 8:45

	TEAM	POOL	LANE #	TIME
First Warm-up	YSST	Dive Well Pool	1	7-7:30am
	TYDE	Dive Well Pool	2-8	7-7:30am
Second Warm-up	GCY	Dive Well Pool	1-5	7:30-8am
	RACY	Dive Well Pool	6-7(1/2 of 8)	7:30-8am
	YBAC	Dive Well Pool	8	7:30-8am
Third Warm-uo	YOTA	Dive Well Pool	1-8	8am-8:30am

SESSION 3: SATURDAY PM Warm-up from 11:30-12:45p meet start 1:00pm

	TEAM	POOL	LANE(S) #	TIME
First Warm-up	GCY	Dive Well Pool	1-7	11:30-11:55am
	TYDE-1	Dive Well Pool	8	
	TYDE-1	Scoreboard Pool	1-8	11:30-11:55am
Second Warm-up	YOTA-1	Dive Well Pool	1-8	11:55-12:20p
	YOTA-1	Scoreboard Pool	1-8	11:55-12:20p
Third Warm-up	YSST	Dive Well Pool	1-2,3(share)	12:20-12:45p
	RACY	Dive Well Pool	3(Share),4-6	12:20-12:45p
	YBAC	Dive Well Pool	7-8	12:20-12:45p
	YOTA-2	Scoreboard Pool	1-4	12:20-12:45p
	TYDE-2	Scoreboard Pool	5-6	12:20-12:45p
	OPEN	Scoreboard Pool	7-8	12:20-12:45p

SESSION 4: SATURDAY FINALS- Open Warm Up from 3:45 to 4:45 meet start at 5:00 pm

	Team	POOL	LANE #	TIME
	Open	Diving Well Pool	1-8	3:45 pm -4:45pm

SESSION 5: SUNDAY AM PRELIMS Warm-up from 7:00 to 8:30 meet start 8:45

	TEAM	POOL	LANE #	TIME
First Warm-up	YSST	Dive Well Pool	1	7-7:30am
	TYDE	Dive Well Pool	2-8	7-7:30am
Second Warm-up		Divewell pool	1-6	7:30-8am
	GCY	Divewell pool	7	7:30-8am
	YBAC	Divewell pool	8	7:30-8am
Third Warm-uo	YOTA	Dive Well Pool	1-8	8am-8:30am

SESSION 6: SUNDAY PM Warm-up from 11:30-12:50p meet start 1:00pm

	TEAM	POOL	LANE #	TIME
First Warm-up	GCY	Dive Well Pool	1-6	11:30-11:50am
	YSST	Dive Well Pool	8	11:30-11:50am
Second Warm Up	Yota	Dive Well Pool	1-8	11:50-12:10p
Third Warm up	YOTA	Dive Well Pool	1-6	12:10-12:30p
	RACY	Dive Well Pool	7-8	12:10-12:30p
Fourth Warm up	YBAC	Dive Well Pool	1-2	12:30-12:50p
	TYDE	Dive Well Pool	3-8	12:30-12:50p

SESSION 7: SUNDAY FINALS- Open Warm Up from 4:45 to 5:30 meet start at 5:45 pm

	Team	POOL	LANE #	TIME
	Open	Diving Well Pool	1-8	4:45-5:30p

During 1 Pool Competition: 3-4 lanes for Warm up/Cool Down in Scoreboard pool

During 2 Pool Competition: 7 lanes for Warm up/Cool Down in program pool