

2025 LCAT Pecan Classic Warmup Assignments

- Friday is open warm-up from 4:30pm-5:15pm for all teams
- On Saturday and Sunday, teams will be assigned to Group A or Group B, with 30 minutes each in the competition pool/warm down pool
- There will be 15 minutes of dive starts and one way swimming only in the competition pool following the completion of A and B warmups
- The warm-down pool will be available for continuous warm-up/cool-down throughout the meet, including during dive starts

Group A

Sat AM 7:00am -7:30am
 Sat PM 12:30pm - 1:00pm
 Sun AM 7:30am - 8:00am
 Sun PM 1:00pm - 1:30pm

Group B

Sat AM 7:30am - 8:00am
 Sat PM 1:00pm -1:30pm
 Sun AM 7:00am - 7:30am
 Sun PM 12:30pm - 1:00pm

12 & Under Groups		13 & Over Groups	
<u>Group A (12 & Under)</u>	<u>Group B (12 & Under)</u>	<u>Group A (13 & Over)</u>	<u>Group B (13 & Over)</u>
AAC	AQUAT	AAC	AQUAT
CAU	CCH	CUDA	BST
DSSC	CAQ	CAU	CCH
EPAP	DGO	DSSC	CAQ
LCAT	BLST	EPAP	DGO
MAKO	JCAT	LCAT	BLST
WETT	P-P	MAKO	JCAT
WILD	EPRC	WETT	P-P
	RAAC	WILD	RAAC
	SWAT		SWAT