

2026 NOVA LC WINTER INVITATIONAL WARM-UP ASSIGNMENTS

Friday PM								
4:00 - 8:00pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	All Lanes available for Open Swim							

Saturday - Monday AM Prelims								
6:30 - 8:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NOVA							
7:00 - 7:30am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	MOR			MSA			STAT CGBD	QSTS
7:30 - 8:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NCAP					MACH		RAYS
8:00 - 8:20am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	OPEN							
Meet Start: 8:30am								

Saturday & Sunday Timed Finals									
12:00 - 12:25pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	
	NOVA						QSTS		
12:25 - 12:50pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	
	MACH					NCAP		CGBD STAT RAYS	
Meet Start: Saturday: 1:00pm									

Monday 800 Free								
10:45 - 11:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	OPEN							
Meet Start: 11:05am								

Finals	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
Saturday: 4:00 - 4:50pm	OPEN							
Sunday: 4:30 - 5:20pm								
Monday: 3:00 - 3:50pm								
Meet Start:								
Saturday: 5:00pm								
Sunday: 5:30pm								
Monday: 4:00pm								