



January 16-18, 2026 Warm-ups

Friday PM (All Ages) 5:00 pm Meet Start

(4:10-4:50 pm)

North Pool

1	2	3	4	5	6	7	8
METS	METS	METS	METS	FAST	FAST	FAST	CAAP

South Pool

1	2	3	4	5	6	7	8
SEA	SEA	SEA	SEA	RCA	SEMO	RPLX	SCCY

Saturday/Sunday AM Prelims (11&O) 8:30 am Meet Start

(7:30-7:55 am)

North Pool

1	2	3	4	5	6	7	8
METS	METS	METS	METS	METS	CAAP	CAAP	SEMO

South Pool

1	2	3	4	5	6	7	8
SEA	SEA	SEA	SEA	SEA	SEA	SEA	SEA

(7:55-8:20 am)

North Pool

1	2	3	4	5	6	7	8
FAST	FAST	FAST	FAST	FAST	FAST	RCA	SCCY

South Pool

1	2	3	4	5	6	7	8
RPLX	RPLX	RPLX	RPLX	RPLX	RPLX	OPFY	OPFY

Saturday/Sunday Afternoon (10&U) 1:10 pm Meet Start

(12:30-1:00 pm)

North Pool

1	2	3	4	5	6	7	8
METS	METS	METS	METS	FAST	FAST	CAAP	OPFY/ SEMO

South Pool

1	2	3	4	5	6	7	8
SEA	SEA	SEA	SEA	SEA	RPLX	RPLX	RCA/ SCCY

SATURDAY/SUNDAY FINALS-4:00 PM Meet Start; Open warm-ups from 3:00-3:50 PM