

2025 SC TG Champions Challenge Warmup Lane Assignment

FRIDAY EVENING

4:00 PM to 4:25 PM Warmup A

POOL A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	MAAC	MACC	MAAC	SST LCAC	SMRT	SMRT

4:25 PM to 4:50 PM Warmup B

POOL A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC

4:50 PM to 5:15 PM Warmup C

POOL A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	WAVE

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TIDE	TIDE	TIDE	WNCY	CS	CS	CS	YCSC	AJCC	UN

*Coaches control their warmup period, there is no set time for warmup, pace or specifics. Please ensure the safety of you swimmers by having clear instructions for your lanes.

2025 SC TG Champions Challenge Warmup Lane Assignment

SATURDAY MORNING

7:00 AM to 7:25 AM Warmup A

POOL A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG

7:25 AM to 7:50 AM Warmup B

POOL A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
YSSC	YSSC	MAAC	MAAC	MAAC	AJCC	AJCC	TIDE	TIDE	TIDE

7:50 AM to 8:15 AM Warmup C

POOL A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	SST LAC

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CS	CS	CS	WNCY	WNCY	WNCY	YCSC	YCSC	SMRT	SMRT

SATURDAY AFTERNOON

12:25 AM to 12:55 PM

POOL A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG

POOL B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
AJCC MAAC	YSSC	YSSC	YSSC	YSSC	TIDE	TIDE	WNCY	YCSC	SST CS

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2025 SC TG Champions Challenge Warmup Lane Assignment

SUNDAY MORNING

7:00 AM to 7:25 AM Warmup A

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	AJCC	WNCY	SMRT	YCSC	TIDE	TIDE

7:25 AM to 7:50 AM Warmup B

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	WAVE	MAAC	MAAC	MAAC

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SST	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	CS	CS
LCAC									

SUNDAY AFTERNOON

12:30 PM to 12:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	MAAC	WAVE	WAVE

12:55 PM to 1:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WNCY	WNCY	WNCY	TIDE	TIDE	CS	AJCC	AJCC	YCSC	SST

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC	YSSC

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