

Illinois Open 2025 Warm-Up Assignments

Friday WU-A: 3:00-3:30pm WU-B: 3:30-4:00pm Meet Starts: 4:15pm

Saturday AM WU-A: 7:00-7:30am WU-B: 7:30-8:00am Meet Starts: 8:15am

Saturday PM WU: Not before 12:00pm Meet Starts: Not before 1:15pm

*Two 30-minute warm-up sessions

800 Free WU: 20-30 minutes immediately following conclusion of PM Session

Sunday AM WU-A: 7:00-7:30am WU-B: 7:30-8:00am Meet Starts: 8:15am

Sunday PM WU: Not before 12:00pm Meet Starts: Not before 1:15pm

*Two 30-minute warm-up sessions

Friday

Lane	Warm-up A	Warm-up B
1	BNSC	ILL / Unattached
2	DDST / FFSC / HHSC	RAID
3	HEAT	YDSC
4	HEAT	YDSC
5	HEAT	SPY
6	KNCY / ILVY	SPY
7	SBD	PAWW
8	SBD	PAWW

Saturday AM

Lane	Warm-up A	Warm-up B
1	BNSC	SBD
2	BNSC	SBD / T3
3	HEAT	YDSC
4	HEAT	YDSC
5	SPY	YDSC / ILVY
6	SPY	KNCY
7	FFSC / HHSC	PAWW
8	DDST	PAWW / RAID

Saturday PM

Lane	Warm-up A	Warm-up B
1	BNSC / FFSC / HHSC	ILL / Unattached
2	DDST	PAWW
3	HEAT	PAWW
4	HEAT	YDSC
5	HEAT	ILVY / KNCY
6	HEAT	SPY
7	RAID	PAWW
8	T3 / SBD	PAWW

Sunday AM

Lane	Warm-up A	Warm-up B
1	BNSC	PAWW
2	BNSC	PAWW
3	HEAT	SPY
4	YDSC	KNCY
5	YDSC	SBD
6	ILVY	SBD
7	DDST	T3
8	FFSC / HHSC	RAID

Sunday PM

Lane	Warm-up A	Warm-up B
1	BNSC / DDST	ILL / Unattached
2	RAID	PAWW
3	HEAT	PAWW
4	HEAT	YDSC
5	HEAT	ILVY / KNCY
6	HEAT	SPY
7	SBD / HHSC	PAWW
8	FFSC / T3	PAWW