



2025 MID SUMMER SPECTACULAR WARM-UP ASSIGNMENTS



THURSDAY MILE

	1	2	3	4	5	6	7	8	9	10
WARM-UP (11:00 - 11:50a)	NO ASSIGNED LANES									

THURSDAY TIMED FINAL SESSION

	1	2	3	4	5	6	7	8	9	10
WARM-UP (2:30 - 3:20p)	CGAC	CGAC	CARD-KY DDST ET CARD\$-IN	CON	SCST	SCST	CAC WSC MAST	HEAT FA GRE	CSC	CSC

FRIDAY AM (13-14, OPEN PRELIMS)

	1	2	3	4	5	6	7	8	9	10
A WARM-UP (7:00-740a)	CGAC	CGAC	CGAC UNAT-IN	CARD-KY	CARD-KY	FA	FA MAST	GRE WSC	CSC	CSC
B WARM-UP (7:40-8:20a)	SCST	SCST	SCST DDST	CON	CON ET UN-ET	CAC	CAC CARD\$-IN	YDSC HEAT	CSC	CSC

FRIDAY PM (11-12, 10&Unders TIMED FINALS)

	1	2	3	4	5	6	7	8	9	10
WARM-UP (12:00-12:50p)	CGAC	CGAC	CGAC	CARD-KY CAC	SCST	SCST ET CARD\$-IN	FA GRE SWAT	WSC YDSC DDST MAST	CSC	CSC

SATURDAY AM (13-14, OPEN PRELIMS)

	1	2	3	4	5	6	7	8	9	10
A WARM-UP (7:00-740a)	CGAC	CGAC	CGAC UNAT-IN	CARD-KY	CARD-KY SWAT	FA	FA MAST	GRE WSC	CSC	CSC
B WARM-UP (7:40-8:20a)	SCST	SCST	SCST DDST	CON	CON ET UN-ET	CAC	CAC CARD\$-IN	YDSC HEAT	CSC	CSC

SATURDAY PM (11-12 PRELIMS, 10&Unders TIMED FINALS)

	1	2	3	4	5	6	7	8	9	10
A WARM-UP 12:00-12:25p	CGAC	CGAC	CGAC	CARD-KY ET	MAST WSC	FA	FA	YDSC UN-IL CARD\$-IN	CSC	CSC
B WARM-UP 12:25-12:50p	CGAC	CGAC	CGAC	SCST	SCST	GRE	GRE DDST	CAC SWAT	CSC	CSC

SUNDAY AM (13-14, OPEN PRELIMS)

	1	2	3	4	5	6	7	8	9	10
A WARM-UP (7:00-740a)	CGAC	CGAC	CGAC UNAT-IN	CARD-KY	CARD-KY	GRE WSC	FA	FA MAST	CSC	CSC
B WARM-UP (7:40-8:20a)	SCST	SCST	SCST DDST	CON	CON ET UN-ET	CAC	CAC CARD\$-IN	HEAT YDSC	CSC	CSC

SUNDAY PM (11-12 PRELIMS, 10&Unders TIMED FINALS)

	1	2	3	4	5	6	7	8	9	10
A WARM-UP 12:00-12:25p	CGAC	CGAC	CGAC	CARD-KY ET	MAST WSC	FA	FA	YDSC UN-IL CARD\$-IN	CSC	CSC
B WARM-UP 12:25-12:50p	CGAC	CGAC	CGAC	SCST	SCST	GRE	GRE DDST	CAC SWAT	CSC	CSC

Coaches will have control over their lane(s) to do starts.

If you are sharing a lane, please work with fellow coaches to do starts.

NO LANE ASSIGNMENTS FOR FINALS SESSIONS

Friday Finals:	Warm-ups: Not before 4:00p	Meet starts 5:00p
Saturday FINALS:	Warm-ups: Not before 4:00p	Meet starts 5:00p
Sunday FINALS:	Warm-ups: Not before 3:30p	Meet starts 4:30p

To help with deck congestion during warm-up cross-over, please enter the pool from the RED (west) end of the pool and exit the water from the WHITE (east) end.