

2025 YMCA REGIONAL CHAMPIONSHIPS WARM UP ASSIGNMENTS BY TEAM/SESSION -- SATURDAY AM

SESSION 2 - SAT AM - MAIN COMPETITION POOL - WARM UP 1 - 7:10AM - 7:40AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
MACR	MACR	MACR	MACR	DSMY	DSMY	DSMY	DSMY	LYD	LYD

SESSION 2 - SAT AM - WARM UP/COOL DOWN POOL - WARM UP 1 - 7:10AM - 7:40AM

BULKHEAD	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	SUP	SUP	SUP	BWST	BAB	BRD	ALG	OTT	DYN
				CYSC	ERYR	MCY	APST	FC	BYST
							NEWT	ALTS	

SESSION 2 - SAT AM - MAIN COMPETITION POOL - WARM UP 2 - 7:40AM - 8:10AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
MUSC	MUSC	BBST	BBST	NWSH	NWSH	SPNY	SPNY	WBAY	WBAY

SESSION 2 - SAT AM - WARM UP/COOL DOWN POOL - WARM UP 2 - 7:40AM - 8:10AM

BULKHEAD	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	DUBQ	DUBQ	SD	SD	NHRN	NHRN	NS	NS	FAST
									OSKY
									BARR

SESSION STARTS AT 8:20AM

2025 YMCA REGIONAL CHAMPIONSHIPS WARM UP ASSIGNMENTS BY TEAM/SESSION -- SATURDAY PM

SESSION 3 - SAT PM - MAIN COMPETITION POOL - WARM UP 1 - 11:10AM - 11:40AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
BRD	MCY	NWSH	OTT	CYSC	APST	FAST	BAB	BWST	NS

SESSION 3 - SAT PM - WARM UP/COOL DOWN POOL - WARM UP 1 - 11:10AM - 11:40AM

BULKHEAD	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	ALG	BBST	BBST	ERYR	ERYR	SD	SD	DUBQ	DUBQ
	WASH								
	NEWT								

SESSION 3 - SAT PM - MAIN COMPETITION POOL - WARM UP 2 - 11:40AM - 12:10PM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
LYD	OSKY	WBAY	BARR	NHRN	NHRN	DSMY	DSMY	DSMY	DYN
ALTS	DYN	IMVY	MAQ						SPNY

SESSION 3 - SAT PM - WARM UP/COOL DOWN POOL - WARM UP 2 - 11:40AM - 12:10PM

BULKHEAD	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	MUSC	MUSC	SUP	SUP	SUP	MACR	MACR	MACR	MACR

SESSION STARTS AT 12:30PM

2025 YMCA REGIONAL CHAMPIONSHIPS WARM UP ASSIGNMENTS BY TEAM/SESSION -- SUNDAY AM

SESSION 5 - SUN AM - MAIN COMPETITION POOL - WARM UP 1 - 7:10AM - 7:40AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
WBAY	WBAY	SPNY	SPNY	ALG	BRD	SUP	SUP	SUP	BAB
				WASH	ALTS				

SESSION 5 - SUN AM - WARM UP/COOL DOWN POOL - WARM UP 1 - 7:10AM - 7:40AM

BULKHEAD	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	SD	SD	FAST	DSMY	DSMY	DSMY	APST	NS	NS
			CYSC				BWST		
							ERYR		

SESSION 5 - SUN AM - MAIN COMPETITION POOL - WARM UP 2 - 7:40AM - 8:10AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
DUBQ	DUBQ	BBST	BBST	MACR	MACR	MACR	MACR	MUSC	MUSC

SESSION 5 - SUN AM - WARM UP/COOL DOWN POOL - WARM UP 2 - 7:40AM - 8:10AM

BULKHEAD	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	DYN	OTT	NHRN	NHRN	NWSH	NWSH	LYD	LYD	BYST
	FC	BARR							OSKY

SESSION STARTS AT 8:20AM

2025 YMCA REGIONAL CHAMPIONSHIPS WARM UP ASSIGNMENTS BY TEAM/SESSION -- SUNDAY PM

SESSION 5 - SUN PM - MAIN COMPETITION POOL - WARM UP 1 - 11:10AM - 11:40AM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
DSMY	DSMY	CYSC	SUP	SUP	SUP	APST	MUSC	OTT	NWSH

SESSION 5 - SUN PM - WARM UP/COOL DOWN POOL - WARM UP 1 - 11:10AM - 11:40AM

BULKHEAD	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	BBST	BBST	SD	SD	MACR	MACR	MACR	DUBQ	DUBQ

SESSION 5 - SUN PM - MAIN COMPETITION POOL - WARM UP 2 - 11:40AM - 12:10PM

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
OSKY	BARR	WBAY	BAB	BAB	NHRN	NHRN	ALTS	MCY	MCY
							FAST		

SESSION 5 - SUN PM - WARM UP/COOL DOWN POOL - WARM UP 2 - 11:40AM - 12:10PM

BULKHEAD	LANE 0	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	BRD	BRD	BWST	BWST	WASH	DYN	NS	ERYR	ERYR
					SPNY	NEWT	MAQ		

SESSION STARTS AT 12:30PM