

2025 Regional Warmup

Prelim Warmups Friday AM:

	1	2	3	4	5	6	7	8
7:30-7:50	MAKO	MAKO	MAKO	MAKO/KEY	KEY	KEY	WAVE	WAVE
7:50-8:10	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE	WAVE	WAVE
8:10-8:30	DR	DR	DR	DR	DR	DR	DR	BAC
8:30-8:50	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC/LYSC

Competition starts at 9:00am

Prelim Warmups Saturday AM:

	1	2	3	4	5	6	7	8
7:30-7:50	MAKO	MAKO	MAKO	MAKO/KEY	KEY	KEY	BAC	WAVE
7:50-8:10	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE	WAVE	WAVE
8:10-8:30	DR	DR	DR	DR	DR	DR	DR	DR
8:30-8:50	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC/LYSC

Competition starts at 9:00am

Prelim Warmups Sunday AM:

	1	2	3	4	5	6	7	8
7:30-7:50	MAKO	MAKO	MAKO	MAKO	MAKO/WAVE	WAVE	WAVE	WAVE
7:50-8:10	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE	KEY	KEY
8:10-8:30	DR	DR	DR	DR	DR	DR	DR	BAC/LYSC
8:30-8:50	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC

Competition starts at 9:00am

Finals Warmups Friday, Saturday & Sunday PM:

	1	2	3	4	5	6	7	8
4:15-5:15	Overflow	DR	KEY	MAKO	BAC/LYSC	WTRC	LIFE	WAVE

Competition starts at 5:30pm