

2025 ALL STAR Warm-Up Schedule July 19th, 2025

6:45 am - 7 am:

Lane 1 - Southshore
Lane 2 - Southshore
Lane 3 - Clarke Farms
Lane 4 - Clarke Farms
Lane 5 - Smoky Hill
Lane 6 - Smoky Hill
Indoor Lane 1 - Life Time Lightning Bolts
Indoor Lane 2 - Life Time Lightning Bolts

7 am - 7:15 am:

Lane 1 - South Glenn Country Club
Lane 2 - Hills West
Lane 3 - Piney Creek
Lane 4 - Piney Creek
Lane 5 - Stroh Ranch Anthology
Lanes 6 - Stroh Ranch Anthology
Indoor Lane 1 - Canterbury
Indoor Lane 2 - Dam West

7:15 am - 7:30 am:

Lane 1 - Castle Pines Crocs
Lane 2 - Castle Pines Crocs
Lane 3 - Willow Creek I
Lane 4 - Cook Creek
Lane 5 - Cook Creek
Lane 6 - CAC Monaco
Indoor Lane 1 - Tallyn's Reach
Indoor Lane 2 - Tallyn's Reach

7:30 am - 7:45 am:

Lane 1 - Wildcat Ridge
Lane 2 - Castle Pines Village
Lane 3 - Holly Park
Lane 4 - Willow Creek III
Lane 5 - Arapahoe Lakes
Lane 6 - Foxridge
Indoor Lane 1 - latecomers
Indoor Lane 2 - latecomers

7:45 am - 7:55 am: One way starts

Divisions A Lanes 1 & 2
Division B Lanes 3 & 4
Division C Lane 5
Division D Lane 6

NO warmup/cool down available during the meet- all indoor water will be closed to swim meet participants

The pool will be cleared at 7:55 am

Remember to watch the first call/last call numbers closely,
there are no relays or 6 & under events

Order of events:

1 - 4, 17 - 36, 39 - 48, 51 - 80

Thank you for your patience and cooperation.

GOOD LUCK SWIMMERS!