

FRIDAY AM SESSION – DECEMBER 5, 2025

1ST WARM UP.....8:00 – 8:25 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	CFSC	CFSC	CFSC	DADS	DADS	BTA	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	CFSC	CFSC	CFSC	CFSC	DADS	DADS	BTA	BTA
Lobby End Pool	PACK	TEST	TEST	TEST LIFE	SSS TST	BATS	TASC	HTX NOCH AMBU

2ND WARM UP.....8:25 – 8:50 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	HYDR	HYDR	KATY	KATY	SSAN	SSAN	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	HYDR	HYDR	KATY	KATY	KATY	SSAN	SSAN	MAC NEHA
Lobby End Pool	PACE ESCA PFL	SWAT	SWAT	FRST	FRST	FRST	AGS	AGS

3RD WARM UP.....8:50 – 9:15 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	FCST	FCST	FCST	FCST	TWST	TWST	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	FCST	FCST	FCST	FCST	TWST	TWST	TWST	SPA 300 AQUA INSP LSST
Lobby End Pool	ESA SHAC	ESA	HEAT	HEAT MARC	SHRK	SHRK	SHRK	MEAN PEAK SST COOG HCCL SWIM USA VSST

DIVE WELL END & FINALS POOL – TIMING ASSIGNMENTS:

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	FRST	CFSC	KATY	TWST	DADS	BTA
2	HEAT	FCST	SSAN	CFSC	KATY	TWST	SHRK	TEST

***** Teams at the Dive Well End Pool will time at both Prelims and Finals**

LOBBY END POOL – TIMING ASSIGNMENTS:

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	FCST	CFSC	KATY	TWST	DADS	BTA
2	SWAT	FCST	SSAN	CFSC	ESA	PACK	SHRK	TASC

400 IM swimmers will provide their own Timers. 1000 Free swimmers will provide their own Timers and Lap Counter.

SATURDAY AM SESSION – DECEMBER 6, 2025

1ST WARM UP.....8:00 – 8:25 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	FCST	FCST	FCST	FCST	TWST	TWST	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	FCST	FCST	FCST	FCST	TWST	TWST	TWST	SPA 300 AQUA INSP LSST
Lobby End Pool	ESA SHAC	ESA	HEAT	HEAT MARC	SHRK	SHRK	SHRK	MEAN PEAK SST COOG HCCL SWIM USA VSST

2ND WARM UP.....8:25 – 8:50 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	CFSC	CFSC	CFSC	DADS	DADS	BTA	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	CFSC	CFSC	CFSC	CFSC	DADS	DADS	BTA	BTA
Lobby End Pool	PACK	TEST	TEST	TEST LIFE	SSS TST	BATS	TASC	HTX NOCH AMBU

3RD WARM UP.....8:50 – 9:15 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	HYDR	HYDR	KATY	KATY	SSAN	SSAN	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	HYDR	HYDR	KATY	KATY	KATY	SSAN	SSAN	MAC NEHA
Lobby End Pool	PACE ESCA PFL	SWAT	SWAT	FRST	FRST	FRST	AGS	AGS

DIVE WELL END & FINALS POOL – TIMING ASSIGNMENTS:

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	FRST	CFSC	KATY	TWST	DADS	BTA
2	HEAT	FCST	SSAN	CFSC	KATY	TWST	SHRK	TEST

***** Teams at the Dive Well End Pool will time at both Prelims and Finals**

LOBBY END POOL – TIMING ASSIGNMENTS:

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	FCST	CFSC	KATY	TWST	DADS	BTA
2	SWAT	FCST	SSAN	CFSC	ESA	PACK	SHRK	TASC

Note: 500 Free swimmers will provide their own Timers and Lap Counter

SUNDAY AM SESSION – DECEMBER 7, 2025

1ST WARM UP.....8:00 – 8:25 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	HYDR	HYDR	KATY	KATY	SSAN	SSAN	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	HYDR	HYDR	KATY	KATY	KATY	SSAN	SSAN	MAC NEHA
Lobby End Pool	PACE ESCA PFL	SWAT	SWAT	FRST	FRST	FRST	AGS	AGS

2ND WARM UP.....8:25 – 8:50 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	FCST	FCST	FCST	FCST	TWST	TWST	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	FCST	FCST	FCST	FCST	TWST	TWST	TWST	SPA 300 AQUA INSP LSST
Lobby End Pool	ESA SHAC	ESA	HEAT	HEAT MARC	SHRK	SHRK	SHRK	MEAN PEAK SST COOG HCCL SWIM USA VSST

3RD WARM UP.....8:50 – 9:15 AM :

Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25 Meter Dive Well	CFSC	CFSC	CFSC	DADS	DADS	BTA	OPEN	OPEN
***** Lane 8 in the Dive Well is Closest to the Dive Boards *****								
Dive Well End Pool	CFSC	CFSC	CFSC	CFSC	DADS	DADS	BTA	BTA
Lobby End Pool	PACK	TEST	TEST	TEST LIFE	SSS TST	BATS	TASC	HTX NOCH AMBU

DIVE WELL END & FINALS POOL – TIMING ASSIGNMENTS:

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	FRST	CFSC	KATY	TWST	DADS	BTA
2	HEAT	FCST	SSAN	CFSC	KATY	TWST	SHRK	TEST

***** Teams at the Dive Well End Pool will time at both Prelims and Finals**

LOBBY END POOL – TIMING ASSIGNMENTS:

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	HYDR	FCST	FCST	CFSC	KATY	TWST	DADS	BTA
2	SWAT	FCST	SSAN	CFSC	ESA	PACK	SHRK	TASC

Note: 400 IM swimmers will provide their own Timers. 500 & 1650 Free swimmers will provide their own Timers and Lap Counter.