

SSAN 2026 Winter Invitational

Warmup Assignments

Friday - Jan 2nd, 2026

Session 1 (All Ages)			Time: 5:00pm to 5:50pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AMBU HYDR	AGS	ESA	SSAN	SSAN	SSAN	SSAN	SSAN

Warmup Assignments

Saturday - Jan 3rd, 2026 | Prelims

Session 2 (All Ages)			Time: 7:00am to 7:25am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN

Session 2 (All Ages)			Time: 7:25am to 7:50am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN

Session 2 (All Ages)			Time: 7:50am to 8:15am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HYDR	HYDR	HYDR	HYDR	HYDR	HYDR	HYDR	AMBU

Session 2 (All Ages)			Time: 8:15am to 8:40am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	AGS	AGS	ESA	ESA	ESA	ESA

Saturday - Jan 3rd, 2026 | Finals

Session 3 (All Ages)			Time: 4:30pm to 4:55pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN

Session 3 (All Ages)			Time: 4:55pm to 5:20pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HYDR	HYDR	HYDR	AGS	AGS	ESA	ESA	AMBU

Warmup Assignments
Sunday - Jan 4th, 2026 | Prelims

Session 4 (All Ages)			Time: 7:00am to 7:25am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HYDR	HYDR	HYDR	HYDR	HYDR	HYDR	HYDR	AMBU

Session 4 (All Ages)			Time: 7:25am to 7:50am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	AGS	AGS	AGS	ESA	ESA	ESA	ESA

Session 4 (All Ages)			Time: 7:50am to 8:15am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN

Session 4 (All Ages)			Time: 8:15am to 8:40am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN

Sunday - Jan 4th, 2026 | Distance

Session 5 (All Ages)			Time: 12:30pm to 12:55pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AGS	ESA	HYDR	SSAN	SSAN	SSAN	SSAN	SSAN

Sunday - Jan 4th, 2026 | Finals

Session 6 (All Ages)			Time: 4:30pm to 4:55pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HYDR	HYDR	HYDR	AGS	AGS	ESA	ESA	AMBU

Session 6 (All Ages)			Time: 4:55pm to 5:20pm				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN	SSAN

Timing Assignments

Friday - Jan 2nd, 2026

Timer Chairs (2x per lane)			All Sessions				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<i>Swimmers provide their own lap counters & timers</i>							

Saturday - Jan 3rd, 2026 | Prelims & Finals

Timer Chairs (2x per lane)			All Sessions				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	HYDR	HYDR	ESA	AGS
SSAN	SSAN	SSAN	SSAN	HYDR	HYDR	ESA	AGS

Saturday - Jan 4th, 2026 | Prelims & Finals

Timer Chairs (2x per lane)			All Sessions				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSAN	SSAN	SSAN	SSAN	HYDR	HYDR	ESA	AGS
SSAN	SSAN	SSAN	SSAN	HYDR	HYDR	ESA	AGS
<i>Event 65 - 500Fr Swimmers provide their own lap counters & timers</i>							