



2025 ARCT December Specialty Meet

Warm Up Assignments



Saturday 13&Over - Warm Up 1

10:30-10:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	ARCT	ARCT	ARCT	ARCT	ARCT

Saturday 13&Over - Warm Up 2

10:51-11:06 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	BBSC	BBSC	GLYB	GLYB	GLYB
Pool Clears at 11:06 AM			Meet Starts at 11:15 AM		



2025 ARCT December Specialty Meet

Warm Up Assignments



Saturday Distance – General Warm Up

12:40-12:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warm Up All Lanes <i>**Circle Swimming Only**</i>					

Saturday Distance – Controlled Warm Up

12:56-1:06 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Circle/General	Circle/General	Pace	Pace	Sprint	Sprint
Pool Clears at 1:06 PM			Meet Starts at 1:10 PM		



2025 ARCT December Specialty Meet

Warm Up Assignments



Saturday 12&Under - Warm Up 1

2:15-2:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
BBSC	BBSC	BBSC	GLYB	GLYB	GLYB

Saturday 12&Under - Warm Up 2

2:36-2:56 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	ARCT	ARCT	ARCT	ARCT	ARCT

Saturday 12&Under - Warm Up 2

2:57-3:17 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	ARCT	ARCT	ARCT	ARCT	ARCT
Pool Clears at 3:17 PM			Meet Starts at 3:25 PM		



2025 ARCT December Specialty Meet

Warm Up Assignments



Sunday 13&Over - Warm Up 1

10:30-10:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	ARCT	ARCT	ARCT	ARCT	ARCT

Sunday 13&Over - Warm Up 2

10:51-11:06 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	ARCT	BBSC	BBSC	GLYB	TSC
Pool Clears at 11:06 AM			Meet Starts at 11:15 AM		



2025 ARCT December Specialty Meet

Warm Up Assignments



Sunday Distance – General Warm Up

12:40-12:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
General Warm Up All Lanes <i>**Circle Swimming Only**</i>					

Sunday Distance – Controlled Warm Up

12:56-1:06 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Circle/General	Circle/General	Pace	Pace	Sprint	Sprint
Pool Clears at 1:06 PM			Meet Starts at 1:10 PM		



2025 ARCT December Specialty Meet

Warm Up Assignments



Sunday 12&Under - Warm Up 1

2:15-2:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
GLYB	GLYB	TSC	TSC	TSC	TSC

Sunday 12&Under - Warm Up 2

2:36-2:56 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
BBSC	ARCT	ARCT	ARCT	ARCT	ARCT

Sunday 12&Under - Warm Up 2

2:57-3:17 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	ARCT	ARCT	ARCT	ARCT	ARCT
Pool Clears at 3:17 PM			Meet Starts at 3:25 PM		