



2026 ARCT Spring Specialty Meet

Warm Up Assignments



Friday Open - Warm Up 1

4:30-4:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
WW	ARCT	ARCT	ARCT	ARCT	ARCT
UN	WW (extra)				

Friday Open - Warm Up 2

4:55-5:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	ARCT	ARCT	ARCT	ARCT	ARCT
Pool Clears at 5:20 PM			Meet Starts at 5:30 PM		

May 1st-2nd, 2026

****All athletes must utilize Sit and Slide Entry.
One Way Sprints can be performed in ASSIGNED team lanes ONLY****

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2026 ARCT Spring Specialty Meet

Warm Up Assignments



Saturday 13&Over - Warm Up

10:00-10:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
WW	ARCT	ARCT	ARCT	ARCT	ARCT
Pool Clears at 10:50 AM			Meet Starts at 11:00 AM		

May 1st-2nd, 2026

*****All athletes must utilize Sit and Slide Entry.
One Way Sprints can be performed in ASSIGNED team lanes ONLY*****

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2026 ARCT Spring Specialty Meet

Warm Up Assignments



Saturday 12&Under - Warm Up 1

2:00-2:25 PM

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

Saturday 12&Under - Warm Up 2

2:25-2:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ARCT	ARCT	ARCT	ARCT	ARCT	ARCT
Pool Clears at 2:50 PM			Meet Starts at 3:00 PM		

May 1st-2nd, 2026

****All athletes must utilize Sit and Slide Entry.
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