



2025 ATST Western Mass Showdown

Warm Up Assignments



Friday Distance – General Warm Up

5:00-5:30 PM

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

Friday Distance – Controlled Warm Up

5:30-5:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sprint	Sprint	Pace	Pace	Circle/General	Circle/General
Pool Clears at 5:40 PM			Meet Starts at 5:45 PM		



2025 ATST Western Mass Showdown

Warm Up Assignments



Saturday 13&Over - Warm Up 1

8:00-8:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST

Saturday 13&Over - Warm Up 2

8:26-8:51 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
UVAC	UVAC	HYV	HYV	HYV	HYV
					CRVS

Pool Clears at 8:51 AM	Meet Starts at 9:00 AM
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2025 ATST Western Mass Showdown

Warm Up Assignments



Saturday Distance – General Warm Up

11:15-11:45 AM

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

11:45 AM -11:55 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Circle/General	Circle/General	Pace	Pace	Sprint	Sprint
Pool Clears at 11:55 AM			Meet Starts at 12:00 PM		



2025 ATST Western Mass Showdown

Warm Up Assignments



Saturday 12&Under - Warm Up 1

1:15-1:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST

Saturday 12&Under - Warm Up 2

1:41-2:06 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
UVAC	UVAC	CRVS	HYV	HYV	HYV
					ONE

Pool Clears at 2:06 PM	Meet Starts at 2:15 PM
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2025 ATST Western Mass Showdown

Warm Up Assignments



Sunday 13&Over - Warm Up 1

8:00-8:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST

Sunday 13&Over - Warm Up 2

8:26-8:51 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HYV	HYV	HYV	UVAC	UVAC	CRVS
Pool Clears at 8:51 AM			Meet Starts at 9:00 AM		

October 17th-19th, 2025

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

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2025 ATST Western Mass Showdown

Warm Up Assignments



Sunday Distance – General Warm Up

11:00-11:30 AM

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

11:30 AM -11:40 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Circle/General	Circle/General	Pace	Pace	Sprint	Sprint
Pool Clears at 11:40 AM			Meet Starts at 11:45 AM		



2025 ATST Western Mass Showdown

Warm Up Assignments



Sunday 12&Under - Warm Up 1

1:00-1:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST

Sunday 12&Under - Warm Up 2

1:26-1:51 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
UVAC	UVAC	CRVS	HYV	HYV	HYV
					ONE

Pool Clears at 1:51 PM	Meet Starts at 2:00 PM
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October 17th-19th, 2025

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

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