



2026 CS October Races Meet

Cadigan Pool – Boston College High School



Warm Up Assignments

Friday Distance – General Warm Up

5:00-5:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes <i>**Circle Swimming Only**</i>							

Friday Distance – Controlled Warm Up

5:25-5:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle	General/Circle	General/Circle	One-Way Sprint	One-Way Sprint	One-Way Sprint	Pace	Pace
Pool Clears at 5:40 PM				Meet Starts at 5:45 PM			

October 16th-18th, 2026

*****All athletes must utilize Sit and Slide Entry
One-way sprints can be performed in team lanes, when assigned*****

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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	Lane 7	Lane 8
CS Central	CS Central	CS Central	CS Central	CS Central	CS Central	CS Central	CS Central
							B. Barracudas

Saturday 12&Under – Warm Up 2

2:25-2:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Mystic Valley Y	CS North	CS North	CS North	Bluefish	Bluefish	Bluefish	Bluefish
Pool Clears at 2:50 PM				Meet Starts at 3:00 PM			

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Warm Up Assignments

Saturday 13&Over – Warm Up 1

5:30-5:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CS Central	CS Central	Bluefish	Bluefish	Bluefish	Bluefish	Bluefish	Bluefish
							B. Barracudas

Saturday 13&Over – Warm Up 2

5:55-6:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CS Central	CS Central	CS North	CS North	CS North	CS North	CS North	CS North
							Mystic Valley Y
Pool Clears at 6:20 PM				Meet Starts at 6:30 PM			

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Warm Up Assignments

Sunday 12&Under – Warm Up 1

11:00-11:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CS Central	CS Central	CS Central	CS Central	CS Central	CS Central	CS Central	CS Central

Sunday 12&Under – Warm Up 2

11:25-11:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Mystic Valley Y	CS North	CS North	CS North	Bluefish	Bluefish	Bluefish	Bluefish
							B. Barracudas
Pool Clears at 6:20 PM				Meet Starts at 6:30 PM			

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Warm Up Assignments

Sunday 13&Over – Warm Up 1

2:30-2:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CS Central	CS Central	Bluefish	Bluefish	Bluefish	Bluefish	Bluefish	Bluefish
						B. Barracudas	Mystic Valley Y

Sunday 13&Over – Warm Up 2

2:55-3:20 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CS Central	CS Central	CS North	CS North	CS North	CS North	CS North	CS North
Pool Clears at 3:20 PM				Meet Starts at 3:30 PM			

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Warm Up Assignments

Sunday Distance – General Warm Up

5:45-6:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General Warm Up All Lanes <i>**Circle Swimming Only**</i>							

Sunday Distance – Controlled Warm Up

6:00-6:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle	General/Circle	General/Circle	One-Way Sprint	One-Way Sprint	One-Way Sprint	Pace	Pace
Pool Clears at 6:10 PM				Meet Starts at 6:15 PM			

October 16th-18th, 2026

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