

2026 NE LA August SCY Invitational

Warm Up Schedule

Thursday Distance – General Warm Up

4:00-4:50 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>							

Thursday Distance – Controlled Warm Up

4:50-5:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 5:05 PM				Meet Starts at 5:15 PM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Friday 13&Over Prelims – General Warm Up

7:45-8:35 AM

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 13&Over Prelims – Controlled Warm Up

8:35-8:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 8:50 AM				Meet Starts at 9:00 AM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Friday 12&Under Prelims – General Warm Up

10:50-11:20 AM

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 12&Under Prelims – Controlled Warm Up

11:20-11:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 11:30 AM				Meet Starts at 11:40 AM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Friday Finals – General Warm Up

5:00-5:40 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 Finals – Controlled Warm Up

5:40-6:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 6:05 PM				Meet Starts at 6:15 PM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Saturday 13&Over Prelims – General Warm Up

7:45-8:35 AM

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>							

Saturday 13&Over Prelims – Controlled Warm Up

8:35-8:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 8:50 AM				Meet Starts at 9:00 AM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Saturday 12&Under Prelims – General Warm Up

11:10-11:40 AM

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>							

Saturday 12&Under Prelims – Controlled Warm Up

11:40-11:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 11:50 AM				Meet Starts at 12:00 PM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Saturday Finals – General Warm Up

4:00-4:40 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>							

Saturday Finals – Controlled Warm Up

4:40-5:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 5:05 PM				Meet Starts at 5:15 PM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Sunday 13&Over Prelims – General Warm Up

7:45-8:35 AM

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 13&Over Prelims – Controlled Warm Up

8:35-8:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 8:50 AM				Meet Starts at 9:00 AM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Sunday 12&Under Prelims – General Warm Up

10:40-11:10 AM

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 12&Under Prelims – Controlled Warm Up

11:10-11:20 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 11:20 AM				Meet Starts at 11:30 AM			



2026 NE LA August SCY Invitational

Warm Up Schedule

Sunday Finals – General Warm Up

4:00-4:40 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 Finals – Controlled Warm Up

4:40-5:05 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Circle			One Way Sprints			Pace	
Pool Clears at 5:05 PM				Meet Starts at 5:15 PM			

