

Warm - up Schedule 2025 12 & Under Silver / Bronze Championships Region C
at Princeton Middle School Pool

Saturday session (1) 10 & Under, 3-20 min. warm-ups

Session starts at 8:50 am (building opens @ 7:30 am)

1st w-up 7:45 to 8:05 am		2nd w-up 8:05-8:25 am		3rd w-up 8:25-8:45 am	
Team	Lanes	Team	Lanes	Team	Lanes
PPST	1,2	PTAC	1,2,3	PAA	1,2
HQH	2	NJRC	4,5,6	JG	3,4
MB	3,4,5,6	WW & HCY		CJAC	5,6
OCY & TAC	7			XCEL	7,8
BGH&WWAT&APEX	8				

Saturday session (2) 11-12's, 3-20 min. warm-ups

Session starts at 1:35 pm

1st w-up 12:30 to 12:50 pm		2nd w-up 12:50-1:10 pm		3rd w-up 1:10-1:30 pm	
Team	Lanes	Team	Lanes	Team	Lanes
PPST & HCY	1,2	PAA	1,2	NJRC	1,2,3,4
JG & HQH	3,4	WW	3,4	MB	5,6,7
HACY & APEX	5,6	XCEL & TAC	5,6	BGH & WWAT	7,8
PTAC	6,7,8	CJAC & OCY	7,8		

Sunday session (3) 10 & Under, 3-20 min. warm-ups

Session starts at 8:05 am (building opens @ 6:45 am)

1st w-up 7:00 to 7:20 am		2nd w-up 7:20-7:40 am		3rd w-up 7:40-8:00 am	
Team	Lanes	Team	Lanes	Team	Lanes
PPST	1,2	MB	1,2,3	NJRC	1,2,3
PAA	3,4	PTAC	4,5,6	WW	4
XCEL	5,6	CJAC	7,8	OCY	5
JG	7,8			TAC	6
				HQH & BGH	7
				WWAT & HCY	8

Sunday session (4) 8 & Under, 2-20 min. warm-up

Session starts at 11:35 pm

1st w-up 10:50 am-11:10 am		2nd w-up 11:10 am-11:30 am	
Team	Lanes	Team	Lanes
PPST	1,2	MB	1,2,3
MB	3,4	WW	3
CJAC	5,6	TAC & BGH	4,5
PAA	7,8	XCEL	6
		PTAC & APEX	7
		JG	8

Sunday session (5) 11-12's, 3-20 min. warm-ups

Session starts at 2:45 pm

1st w-up 1:40 to 2:00 pm		2nd w-up 2:00-2:20 pm		3rd w-up 2:20-2:40 pm	
Team	Lanes	Team	Lanes	Team	Lanes
PPST & HCY	1,2	PAA	1,2	NJRC	1,2,3,4
JG & HQH	3,4	WW	3,4	MB	5,6,7
HACY & APEX	5,6	XCEL & TAC	5,6	BGH & WWAT	7,8
PTAC	6,7,8	CJAC & OCY	7,8		