

2026 Mid Cap Swimming Schedule
WARM-UP SCHEDULE

Location	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
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Session 1: 6:30 to 6:50

Competition Pool	HAC	HAC	HEA	HEA	PAC	HST
Main Pool	HAC	HAC	HAC/HST	PAC/HEA		

Session 2: 6:50 to 7:10

Competition Pool	DC	DC	DC/AC/MDT	AC	WWD	LEBY & PSC
Main Pool	DC	DC	AC	AC/WWD		

Session 3: 7:10 to 7:30

Competition Pool	MTV	DAU	BSC	BSAC	CSC & CHAC	CAP & CYA
Main Pool	MTV/DAU	BSC	BSAC & CAP	CSC & CHAC		

Session 4: 7:30 to 7:50

Competition Pool	CVAC	CVAC	CVAC	DSC	DAAC	MSC & ACWS
Main Pool	CVAC	DSC	DSC & MSC	DAAC & MSC		

Session 5: 7:50 to 8:10

Competition Pool	DUCK	SGSC	RLAC & HAY	GETY & ICAC	SST & SAC	SMSC & TAC
Main Pool	DUCK	DUCK & HAY & RLAC	SGSC & ICAC & GETY	TAC & SMSC & SST & SAC		

Please NOTE:

- Last five minutes of your warm-up session can be used for one way sprints. There will not be a one way sprint session.
- All swimmers must utilize feet first entry during lap swimming warm-ups, except for the last 5 minutes of your session where you may do one-way sprints.
- Teams sharing lanes will need to work together.
- Remind swimmers not to hang on the lane lines.