

# 2025 HPAC STX Championships

## Warm-Up Assignments

Corpus Christi, TX

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### Friday Prelims

#### Warm Up Times

7:00 am - 7:30 am -

Lanes

1-5 NTRO

6-7 TXLA

8-VTAC

8-LIFE

8-MSC

Warm Up Pool: HPAC and overflow

7:30 am - 8:00 am -

1-4-AAAA,

5-SRG,

6-WAVE,

7-WOW, MMA

8-CCSS, HOT, VTX, CAA

WARM UP POOL will be OPEN for overflow

8:00 am - 8:30 am -

1-2-WLOO,

3-SYS,

4-ASC,

5-YMCA,

6-SASA, CCLR

7-LASC, AQTX, RUSH

8-COTA, SGA, BAS, WEST

WARM UP POOL will be OPEN for overflow

8:30 am - 8:50 am - Competition Pool one-way dives in Lanes 2-7, Pace in 1 and 8, General Warm up in Lesson Pool

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### Friday Finals

#### Warm Up Times

4:00 pm - 4:35 pm - Open Pool

4:35 pm - 4:45 pm - Competition Pool one-way dives in Lanes 2-7, Pace in 1 and 8, General Warm up in Dive Well

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### Saturday Prelims

#### Warm Up Times

7:00 am - 7:30 am -

1WLOO,

2-SYS,

3-ASC,

4-YMCA,

5-SASA,

6-LASC,

7-AQTX,COTA,  
8-CCLR, SGA, BAS, WEST, RUSH  
WARM UP Pool will be open for overflow

7:30 am - 8:00 am -  
1-5NTRO,  
6-7-TXLA,  
8-VTAC, LIFE, MSC  
WARM UP POOL-HPAC and any overflow

8:00 am - 8:30 am -  
1-4-AAAA,  
5-SRG,  
6-WAVE,  
7- WOW, MMA, CCSS,  
8-HOT, VTX, CAA  
WARM UP POOL will be open for overflow

8:30 am - 8:50 am - Competition Pool one-way dives in Lanes 2-7, Pace in 1 and 8, General Warm up in Lesson Pool

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### **Saturday Finals**

#### **Warm Up Times**

4:00 pm - 4:35 pm - Open Pool

4:35 pm - 4:45 pm - Competition Pool one-way dives in Lanes 2-7, Pace in 1 and 8, General Warm up in Lesson Pool

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### **Sunday Prelims**

#### **Warm Up Times**

7:00 am - 7:30 am -

1-4-AAAA,  
5-SRG,  
6-WAVE,  
7-WOW, MMA,  
8-CCSS, HOT, VTX, CAA  
Warm up pool will remain open for overflow

7:30 am - 8:00 am -  
1-2-WLOO,  
3-SYS,  
4-ASC,  
5-YMCA,  
6-SASA, CCLR  
7-LASC, COTA  
8-AQTX, SGA, RUSH, BAS, WEST  
WARM UP POOL will be open for overflow

8:00 am - 8:30 am -  
1-5NTRO,  
6-7-TXLA,  
8-VTAC, LIFE, MSC  
WARM UP POOL:HPAC and overflow

8:30 am - 8:50 am - Competition Pool one-way dives in Lanes 2-7, Pace in 1 and 8, General Warm up in Lesson Pool

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### **Sunday Finals**

#### **Warm Up Times**

4:00 pm - 4:35 pm - Open Pool

4:35 pm - 4:45 pm - Competition Pool one-way dives in Lanes 2-7, Pace in 1 and 8, General Warm up in Lesson Pool

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