

# 2025 MAC A3 Performance Invitational Warm-up Assignments

Pleasant Prairie RecPlex, Nov 7-9, 2025

## Friday Distance Evening (12&U and 13&O)

### Friday Distance Lake Side Warm-up- 4:00-5:00pm; Meet Start 5:05pm

	1	2	3	4	5	6	7	8	9	10
4:00-4:30 PM	MAC	MAC	MAC	MAC	WILD	WILD	WILD	WILD	WILD	PAC
4:30-5:00 PM	EBSC	EBSC	EBSC	STORM	RA-WI	RA-WI	MSS	COHO	COHO	RA-IL

### Friday Distance Waterpark Side Warm-up- 4:00-5:00pm; Meet Start 5:05pm

	1	2	3	4	5	6	7	8	9	10
4:00-4:30 PM	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	PX3	PX3
4:30-5:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

**\*Designated Warm-up/ Cool Down Lanes are available throughout the session in water park side pool**

# 2025 MAC A3 Performance Invitational Warm-up Assignments

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## Saturday - 13&O Morning Prelims Session

### Saturday AM - 13&O Prelims Lake Side Warm-up 7:30-8:30am; Meet Start 8:35am

	1	2	3	4	5	6	7	8	9	10
7:30-8:00 AM	MAC	MAC	MAC	WILD	WILD	WILD	WILD	WILD	WILD	WILD
8:00-8:30 AM	EBSC	EBSC	EBSC	EBSC	EBSC	PAC	PAC	PAC	PAC	STRM

### Saturday AM - 13&O Prelims Waterpark Side Warm-up 7:30-8:30am; Meet Start 8:35am

	1	2	3	4	5	6	7	8	9	10
7:30-8:00 AM	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC
8:00-8:30 AM	RA-WI	RA-WI	RA-WI	COHO	COHO	MSS	RA-IL	RA-IL	PX3	PX3

**\*Designated Warm-up/ Cool Down Lanes are available throughout the session in water park side pool**

# 2025 MAC A3 Performance Invitational Warm-up Assignments

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## Saturday - 12&U Timed Finals Afternoon Session

**Saturday Afternoon - 12&U Timed Finals Lake Side Estimated Warm-up 12:45-1:45pm; Meet Start 1:50pm**

	1	2	3	4	5	6	7	8	9	10
<b>12:45-1:15 PM</b>	MAC	MAC	MAC	MAC	MAC	MAC	MAC	STRM	STRM	STRM
<b>1:15-1:45 PM</b>	WILD	WILD	WILD	WILD	WILD	COHO	COHO	COHO	COHO	OPEN

**Saturday Afternoon - 12&U Timed Finals Waterpark Side Estimated Warm-up 12:45-1:45pm; Meet Start 1:50pm**

	1	2	3	4	5	6	7	8	9	10
<b>12:45-1:15 PM</b>	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	RA-IL
<b>1:15-1:45 PM</b>	RA- WI	RA-WI	RA-WI	RA-WI	PX3	PX3	PX3	MSS	MSS	OPEN

**\*NOTE: During this session only, 2 Lanes Warm-up/ Cool Down are available throughout the session in Waterpark Pool**

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## Saturday Finals

**Saturday Finals Open Warm-up EST 4:00-5:00pm; Meet Start EST 5:05pm**

**Lakeside Warm-ups Open 4:00-5:00pm/ Controlled Warm-ups 4:45-5:00pm (Start Lanes 3-8, Pace Lanes 1-2 & 9-10)**

**\*Waterpark Open Warm-ups will start at the conclusion of the 12&U Session**

**\*\*Designated Finals Warm-up/ Cool Down Lanes are available throughout the session in Waterpark Side Pool**

# 2025 MAC A3 Performance Invitational Warm-up Assignments

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## Sunday - 12&U Timed Finals Morning Session

**Sunday AM - 12&U Timed Finals (Lake Side) Warm-up 8:00-9:00am; Meet Start 9:05am**

	1	2	3	4	5	6	7	8	9	10
<b>8:00-8:30 AM</b>	MAC	MAC	MAC	MAC	MAC	MAC	MAC	STRM	STRM	STRM
<b>8:30-9:00 AM</b>	WILD	WILD	WILD	WILD	WILD	COHO	COHO	COHO	COHO	OPEN

**Sunday AM - 12&U Timed Finals (Waterpark Side) Warm-up 8:00-9:00am; Meet Start 9:05am**

	1	2	3	4	5	6	7	8	9	10
<b>8:00-8:30 AM</b>	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	RA-IL
<b>8:30-9:00 AM</b>	RA- WI	RA-WI	RA-WI	RA-WI	PX3	PX3	PX3	MSS	MSS	OPEN

**\*Designated Warm-up/ Cool Down Lanes are available throughout the session in water park side pool**

# 2025 MAC A3 Performance Invitational Warm-up Assignments

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## Sunday - 13&O Timed Finals Afternoon Session

**Sunday Afternoon - 13&O 200's Timed Finals & 50's Skins Estimated (Lake Side) Warm-up 12:45-1:45pm; Meet Start 1:50pm**

	1	2	3	4	5	6	7	8	9	10
<b>12:45-1:15 PM</b>	MAC	MAC	MAC	WILD	WILD	WILD	WILD	WILD	WILD	WILD
<b>1:15-1:45 PM</b>	EBSC	EBSC	EBSC	EBSC	EBSC	PAC	PAC	PAC	PAC	STRM

**Sunday Afternoon - 13&O 200's Timed Finals & 50's Skins Estimated (Waterpark Side) Warm-up 12:45-1:45pm; Meet Start 1:50pm**

	1	2	3	4	5	6	7	8	9	10
<b>12:45-1:15 PM</b>	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC	FMC
<b>1:15-1:45 PM</b>	RA-WI	RA-WI	RA-WI	COHO	COHO	MSS	RA-IL	PX3	PX3	OPEN

**\*Designated Warm-up/ Cool Down Lanes are available throughout the session in water park side pool**