

2026 MAC Midwest Invitational Warm-up Assignments

Friday PM Distance Warm-up- 4:00-5:00pm; Meet Start 5:05pm

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:30pm	MAC	MAC/ OZ	OZ	WISC	WEST	VAST	RA STRM	MSS COHO LAXY
4:30-5:00pm	NASA	NASA	EBSC	EBSC/ MAC-IL	HSC	HSC	WAVE PX3	HSSB WYNS DCST

Saturday AM 13&O Prelims Warm-up 8:00-9:00am; Meet Start 9:05am

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:20am	MAC	MAC	MSS	NASA	NASA	NASA	OZ	OZ
8:20-8:40am	HSC	HSC	HSC	WEST	WEST	WAVE/ LAXY	WISC	WISC
8:40-9:00am	VAST	VAST/ DCST	EBSC	EBSC/ SA	COHO/ DFAC	WYNS/ HSSB	RA	PX3/ ASC/ MAC-IL

Saturday Session PM 12&U Timed Finals Warmup 1:15-2:10pm; Meet Start 2:15pm

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:15-1:35pm	MAC	MAC	MAC	MAC	HSC	HSC	HSC	HSC
1:35-1:55pm	SA	DFAC	WEST	WYNS/ DCST	COHO/ ASC	HSSB/ MSS	VAST	VAST
1:55-2:10pm	Pace	Starts	Starts	Starts	Starts	Starts	Starts	Pace

Diving well is available for additional warm-up during assigned warm-ups and throughout the meet for Cool Down

Saturday Finals

Open Warm-ups: 4:30-5:30pm Controlled Warm-up: Pace Lanes 1&8, Starts Lanes 2-7 5:20-5:30pm Meet Start 5:35pm

2026 MAC Midwest Invitational Warm-up Assignments

Sunday AM 13&O Prelims Warm-up 8:00-9:00am; Meet Start 9:05am

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:20am	MAC	MAC	MSS	NASA	NASA	NASA	OZ	OZ
8:20-8:40am	HSC	HSC	HSC	WEST	WEST	WAVE/ LAXY	WISC	WISC
8:40-9:00am	VAST	VAST/ DCST	EBSC	EBSC/ SA	COHO/ DFAC	WYNS/ HSSB	RA	PX3/ ASC/ MAC-IL

Sunday PM 12&U Timed Finals Warmup 1:00-1:55pm; Meet Start 2:00pm

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-1:20pm	MAC	MAC	MAC	MAC	HSC	HSC	HSC	HSC
1:20-1:40pm	SA	DFAC	WEST	WYNS/ DCST	COHO/ ASC	HSSB/ MSS	VAST	VAST
1:40-1:55pm	Pace	Starts	Starts	Starts	Starts	Starts	Starts	Pace

Diving well is available for additional warm-up during assigned warm-ups and throughout the meet for Cool Down

Sunday Finals

Open Warm-ups: 4:30-5:30pm Controlled Warm-up: Pace Lanes 1&8, Starts Lanes 2-7 5:20-5:30pm Meet Start 5:35pm