



2026 MA Silver Championships
Warm-Up Session 1 - Friday 500 Free & 400 IM
Session Start - 5:00 PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:15-4:35	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:35-4:50	PACE	ONE WAY START	OPEN	OPEN	OPEN	OPEN	ONE WAY START	PACE

- Diving Well is open from 4:15 PM to the end of the session



2026 MA Silver Championships
Warm-Up Session 2 - Saturday 13 & Over Prelims
Session Start - 8:30 AM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25	DSA	DSA	DSA ROC	BHA	BHA	DST	DST GNBC	MAR KIDS
7:25-7:50	WAC	WAC WWC	WA	WA	MLY	MLY	LAC	LAC UN
7:50-8:15	GSA	GSA	GSA	DCAA	DCAA RAC	RAC	MSA	MSA LMAC
8:15-8:25	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START

- Diving Well is open during each warmup session ONLY for the teams in that session
- Diving Well is open for ALL swimmers at 8:15 AM
- Teams can perform one way starts during assigned time when the lane is clear



2026 MA Silver Championships
Warm-Up Session 3 - Saturday 11-12 Prelims
Session Start - 2:00 PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:15-1:35	DSA	BHA	WAC	WAC KIDS	MLY	DCAA UN	DST MAR	DST
1:35-1:55	GSA	GSA MSA	MSA	LMAC	RAC	LAC	WA	WA

- Diving Well is open for from 1:15 PM to the end of the session
- Teams can perform one way starts during assigned time when the lane is clear



2026 MA Silver Championships
Warm-Up Session 4 - Saturday Finals
Session Start - 6:00 PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-5:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
5:30-5:50	PACE	ONE WAY START	ONE WAY START	OPEN	OPEN	ONE WAY START	ONE WAY START	PACE

- Diving Well is open from 5:00 PM to the end of the session



2026 MA Silver Championships
Warm-Up Session 5 - Sunday 13 & Over Prelims
Session Start - 8:30 AM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25	GSA	GSA	GSA	DCAA	DCAA RAC	RAC	MSA	MSA LMAC
7:25-7:50	DSA	DSA	DSA ROC	BHA	BHA	DST	DST GNBC	MAR KIDS
7:50-8:15	WAC	WAC WWC	WA	WA	MLY	MLY	LAC	LAC UN
8:15-8:25	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START	ONE WAY START

- Diving Well is open during each warmup session ONLY for the teams in that session
- Diving Well is open for ALL swimmers at 8:15 AM
- Teams can perform one way starts during assigned time when the lane is clear



2026 MA Silver Championships
Warm-Up Session 6 - Sunday 11-12 Prelims
Session Start - 2:00 PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:15-1:35	GSA	GSA MSA	MSA	LMAC	RAC	LAC	WA	WA
1:35-1:55	DSA	BHA	WAC	WAC KIDS	MLY	DCAA UN	DST MAR	DST

- Diving Well is open from 1:15 PM to the end of the session
- Teams can perform one way starts during assigned time when the lane is clear



2026 MA Silver Championships
Warm-Up Session 7 - Sunday Finals
Session Start - 6:00 PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-5:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
5:30-5:50	PACE	ONE WAY START	ONE WAY START	OPEN	OPEN	ONE WAY START	ONE WAY START	PACE

- Diving Well is open from 5:00 PM to the end of the session