

**2025 Diamond Invitational
Friday Session 1 (Distance) Warm-up Schedule**

Warm-up Session 1: Friday: MEET Session Starts at 5:30PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:45-5:10pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
4:45-5:10pm	OPEN TO ALL SWIMMERS							

Warm-up Session 2: Friday: MEET Session Starts at 5:30PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:10-5:25pm	PACE	ONE-WAY STARTS	ONE-WAY STARTS	OPEN	OPEN	ONE-WAY STARTS	ONE-WAY STARTS	PACE
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
5:10-5:25pm	OPEN TO ALL SWIMMERS							

**2025 Diamond Invitational
Saturday Session 2 (13&O Prelims) Warm-up Schedule**

Warm-up Session 1: Saturday: MEET Session Starts at 10:00AM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
9:00-9:25am	BHA	BHA	DSA	DSA UDAC	UDAC	CAC ECCC	CAC	WAC
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
9:00-9:25am	BHA	DSA	DSA	UDAC	CAC	WAC		

Warm-up Session 2: Saturday: MEET Session Starts at 10:00AM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
9:26-9:50am	OPST	HHAA OPST	PENN CCA	MVTS FWAC	MAR ROCS	TIBU	WWC DST	DST
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
9:26-9:50am	OPST	OPST	OPST	DST	DST	DST		

**2025 Diamond Invitational
Saturday Session 3 (12&U Timed Finals) Warm-up Schedule**

Warm-up Session 1: Saturday: MEET Session Starts at 3:00PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:00-2:25pm	BHA	BHA CCA	DSA	DSA	DSA MAR	HHAA	OPST	MVTS WWC CAC
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
2:00-2:25pm	OPEN TO ALL SWIMMERS							

Warm-up Session 2: Saturday: MEET Session Starts at 3:00PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:26-2:50pm	TIBU	UDAC TIBU	UDAC	WAC	WAC	DST FWAC	DST	DST
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
2:26-2:50pm	OPEN TO ALL SWIMMERS							

**2025 Diamond Invitational
Saturday Session 4 (13&O Finals) Warm-up Schedule**

Warm-up Session 1: Saturday: MEET Session Starts at 6:30PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:30-6:00pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
5:30-6:00pm	OPEN TO ALL SWIMMERS							

Warm-up Session 2: Saturday: MEET Session Starts at 6:30PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:00-6:20pm	PACE	ONE-WAY STARTS	ONE-WAY STARTS	OPEN	OPEN	ONE-WAY STARTS	ONE-WAY STARTS	PACE
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
6:00-6:20pm	OPEN TO ALL SWIMMERS							

**2025 Diamond Invitational
Sunday Session 5 (13&O Prelims) Warm-up Schedule**

Warm-up Session 1: Sunday: MEET Session Starts at 9:00AM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:25am	BHA	BHA	DSA	DSA UDAC	UDAC	CAC ECCC	CAC	WAC
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
8:00-8:25am	BHA	BHA	DSA	UDAC	CAC	WAC		

Warm-up Session 2: Saturday: MEET Session Starts at 10:00AM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:26-8:50am	OPST	HHAA OPST	PENN CCA	MVTS FWAC	MAR ROCS	TIBU	WWC DST	DST
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
8:26-8:50am	OPST	OPST	OPST	DST	DST	DST		

**2025 Diamond Invitational
Sunday Session 6 (12&U Timed Finals) Warm-up Schedule**

Warm-up Session 1: Sunday: MEET Session Starts at 2:00PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-1:25pm	BHA	BHA CCA	DSA	DSA	DSA MAR	HHAA	OPST	MVTS WWC CAC
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
1:00-1:25pm	OPEN TO ALL SWIMMERS							

Warm-up Session 2: Sunday: MEET Session Starts at 2:00PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:26-1:50pm	TIBU	UDAC TIBU	UDAC	WAC	WAC	DST FWAC	DST	DST
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
1:26-1:50pm	OPEN TO ALL SWIMMERS							

**2025 Diamond Invitational
Sunday Session 7 (13&O Finals) Warm-up Schedule**

Warm-up Session 1: Sunday: MEET Session Starts at 5:30PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:30-5:00pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
4:30-5:00pm	OPEN TO ALL SWIMMERS							

Warm-up Session 2: Sunday: MEET Session Starts at 5:30PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-5:20pm	PACE	ONE-WAY STARTS	ONE-WAY STARTS	OPEN	OPEN	ONE-WAY STARTS	ONE-WAY STARTS	PACE
Time	Diving Well Lane 1	Diving Well Lane 2	Diving Well Lane 3	Diving Well Lane 4	Diving Well Lane 5	Diving Well Lane 6		
5:00-5:20pm	OPEN TO ALL SWIMMERS							