



2025 LC REGIONAL WARM-UP ASSIGNMENTS



FRIDAY PM

1	2	3	4	5	6	7	8	9	10
NO ASSIGNED WARM-UP (118 Athletes)									

SATURDAY AM

	1	2	3	4	5	6	7	8	9	10
Group A	SWAT	SWAT	SWAT	SWAT	SWAT	PX3	GYD	DFAC/STAT	J-HK/SEA	LIFE/UN
Group B	RA	RA	RA	RA	RA	NBSC	TOSA	TOSA	WAUN	STAR/FAST/ VAST

SATURDAY PM

	1	2	3	4	5	6	7	8	9	10
Group A	SWAT	SWAT	SWAT	SWAT/UN	PX3	PX3	MKE	SEA/FAST	SEA	NBSC
Group B	RA	RA	RA	DFAC/STAR	GYD	VAST	WAUN	J-HK	TOSA	TOSA/FAST

SUNDAY AM

	1	2	3	4	5	6	7	8	9	10
Group A	SWAT	SWAT	SWAT	SWAT	TOSA	TOSA/STAT	FAST/VAST	GYD	NBSC	PX3
Group B	RA	RA	RA	RA	DFAC	SEA	WAUN	STAT	UN	J-HK/LIFE

SUNDAY PM

	1	2	3	4	5	6	7	8	9	10
Group A	SWAT	SWAT	SWAT	SWAT	PX3	PX3	GYD	FAST/UN	J-HK	NBSC
Group B	RA	RA	VAST	MKE	OCSC	SEA	SEA	WAUN	TOSA	DFAC