



2026 LC REGIONAL WARM-UP ASSIGNMENTS

FRIDAY PM

1	2	3	4	5	6	7	8	9	10
NO ASSIGNED WARM-UP (116 Athletes)									

SATURDAY AM

1	2	3	4	5	6	7	8	9	10
SWAT	SWAT	SWAT	SWAT	GYD	LIFE/STAT	PX3/J-HK	TOSA	TOSA	TOSA/VAST
EBSC	EBSC	EBSC	EBSC	EBSC	EBSC	SUP/PASC	NBSC	WAUN/SEA	DFAC/FAST

SATURDAY PM

1	2	3	4	5	6	7	8	9	10
SWAT	SWAT	SWAT	SWAT	PX3	PX3	DFAC/PASC	J-HK/LIFE	TOSA/MAC	TOSA
EBSC	EBSC	EBSC	EBSC/NBSC	NBSC	FAST/SUP	VAST	GYD/SEA	SEA	WAUN/STAT

SUNDAY AM

1	2	3	4	5	6	7	8	9	10
SWAT	SWAT	SWAT	SWAT	SUP	NBSC	PX3	GYD/LIFE	TOSA	TOSA
EBSC	EBSC	EBSC	EBSC	EBSC	EBSC	FAST/J-HK	SEA/VAST	WAUN	STAT

SUNDAY PM

1	2	3	4	5	6	7	8	9	10
SWAT	SWAT	SWAT	SWAT	J-HK/FAST	OCSC/LIFE	PX3	NBSC	TOSA/MAC/ NLAC	TOSA
EBSC	EBSC	EBSC	DFAC	GYD	SEA	SUP	STAT	VAST	WAUN