



SWAT 2026 WINTER GP WARM-UP ASSIGNMENTS



FRIDAY

	1	2	3	4	5	6	7	8	9	10
	LAKE (COMP POOL)									
5:00-6:00	NO ASSIGNMENTS									
	WATERPARK									
5:00-6:00	REC PLEX MEMBERS					CIRCLE SWIM		PACE	PACE	

SATURDAY A (13+)

	1	2	3	4	5	6	7	8	9	10
	LAKE (COMP POOL)									
7:30-8:30	SWAT	SWAT	RA	DCST	COHO	LAKE	RMSC	SUP	TOSA	OPEN
	WATERPARK									
7:30-8:30	REC PLEX MEMBERS					CIRCLE SWIM		PACE	PACE	

SATURDAY B (12U)

	1	2	3	4	5	6	7	8	9	10
	LAKE (COMP POOL)									
10:30-11:30	SWAT	SWAT	SWAT	SWAT	COHO	DCST	LAKE	RMSC	SUP	TOSA
	WATERPARK									
10:30-11:30	REC PLEX MEMBERS					CIRCLE SWIM		PACE	PACE	

SATURDAY FINALS

	1	2	3	4	5	6	7	8	9	10
	LAKE (COMP POOL)									
3:30-4:25	NO ASSIGNMENTS									
	WATERPARK									
3:30-4:25	REC PLEX MEMBERS					CIRCLE SWIM		PACE	PACE	

SUNDAY AM (13+)

	1	2	3	4	5	6	7	8	9	10
	LAKE (COMP POOL)									
7:30-8:30	SWAT	SWAT	RA	RA	DCST	COHO	RMSC	SUP	TOSA	OPEN
	WATERPARK									
7:30-8:30	REC PLEX MEMBERS					CIRCLE SWIM		PACE	PACE	

SUNDAY PM (12U)

	1	2	3	4	5	6	7	8	9	10
	LAKE (COMP POOL)									
10:30-11:30	SWAT	SWAT	SWAT	SWAT	COHO	DCST	LAKE	RMSC	SUP	TOSA
	WATERPARK									
10:30-11:30	REC PLEX MEMBERS					CIRCLE SWIM		PACE	PACE	