



## 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		
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		
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		
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		
WATERPARK											
10:30-11:30											
REC PLEX MEMBERS				CIRCLE SWIM			PACE	PACE			