

2025 Age Group State Meet - Warm Up Assignments

Session 1 - Thursday, July 17

2:30-3:30 - Open Warm up. All lanes in competition and warm up pool open

3:20-3:50 - Controlled Warm up.

Lanes 1, 10 - Push/Pace

Lanes 2, 3, 7 - One way starts from diving well end of pool

Lane 8 - One way starts from shallow end of pool

Session 2 - Friday, July 18 - Prelims

Session 1 (40 minutes) 7:00-7:40

Lane	Assigned Teams									
Lane 1	Dynamo									
Lane 2	Dynamo									
Lane 3	Swim Atlanta									
Lane 4	Swim Atlanta									
Lane 5	ASL									
Lane 6	GOLD									
Lane 7	TWS									
Lane 8	FST	LA	MAAC	CW	OAC	TTW	CSC	NWGA	SFY	
Lane 9	SST			DCS			HURR			
Lane 10	DAQ					ABSC				

Session 2 (40 minutes) 7:40-8:20

Lane	Assigned Teams	
Lane 1	Dynamo	
Lane 2	Dynamo	
Lane 3	Swim Atlanta	
Lane 4	Swim Atlanta	
Lane 5	RAYS	JETS
Lane 6	GOLD	
Lane 7	GA	SWAG
Lane 8	LCAC	LIFE
Lane 9	GCAT	GSTK
Lane 10	SPAC	USAC

Session 3 - Friday, July 18 - Midday - Timed Finals

Session 1 (20 minutes) 12:00-12:20

Lane	Assigned Teams
Lane 1	Dynamo
Lane 2	Dynamo
Lane 3	Dynamo
Lane 4	ASL
Lane 5	ASL
Lane 6	GA
Lane 7	GCAT
Lane 8	Swim Atlanta
Lane 9	Swim Atlanta
Lane 10	Swim Atlanta

Session 2 (20 minutes) 12:20-12:40

Lane	Assigned Teams					
Lane 1	CCAC	GSTK	TSA	CW		
Lane 2	TWS	TTW	SST			
Lane 3	ABSC	BOOM	NWGA	DAQ		
Lane 4	GOLD					
Lane 5	GOLD					
Lane 6	HURR	Unattached	LINS			
Lane 7	LCAC	LA	FST			
Lane 8	OPEN					
Lane 9	HLHK	SWAG	DCS	LIFE	CSC	MALO
Lane 10	JETS	SPAC	SFY	MAAC	USAC	

OPEN Warm Up lane is for one way starts the entirety of the second session. If a team controls there own lane, they can use their lanes for one way starts, but if they are sharing, they should use these open lanes for one-way racing starts.

The small warm up pool is available for open warm ups throughout the entire session.

Session 4 - Friday, July 18 - FINALS 4:30-5:25

OPEN - 35 mins open, 20 mins controlled

Controlled schedule:

Lanes 1, 10 - Push/Pace

Lanes 2, 3, 7 - One way starts from diving well end of pool

Lane 8 - One way starts from shallow end of pool

Session 5 - Saturday, July 19 - Prelims

Session 1 (40 minutes) 7:00-7:40

Lane	Assigned Teams	
Lane 1	Dynamo	
Lane 2	Dynamo	
Lane 3	Swim Atlanta	
Lane 4	Swim Atlanta	
Lane 5	RAYS	JETS
Lane 6	GOLD	
Lane 7	GA	SWAG
Lane 8	LCAC	LIFE
Lane 9	GCAT	GSTK
Lane 10	SPAC	USAC

Session 2 (40 minutes) 7:40-8:20

Lane	Assigned Teams									
Lane 1	Dynamo									
Lane 2	Dynamo									
Lane 3	Swim Atlanta									
Lane 4	Swim Atlanta									
Lane 5	ASL									
Lane 6	GOLD									
Lane 7	TWS									
Lane 8	FST	LA	MAAC	CW	OAC	TTW	CSC	NWGA	SFY	
Lane 9	SST			DCS			HURR			
Lane 10	DAQ				ABSC					

Session 6 - Saturday, July 19 - Midday - Timed Finals

Session 1 (25 minutes) 11:45-12:10

Lane	Assigned Teams					
Lane 1	CCAC	GSTK	TSA	CW		
Lane 2	TWS	TTW	SST			
Lane 3	ABSC	BOOM	NWGA	DAQ		
Lane 4	GOLD					
Lane 5	GOLD					
Lane 6	HURR	Unattached	LINS			
Lane 7	LCAC	LA	FST			
Lane 8	OPEN					
Lane 9	HLHK	SWAG	DCS	LIFE	CSC	MALO
Lane 10	JETS	SPAC	SFY	MAAC	USAC	

Session 2 (25 minutes) 12:10-12:35

Lane	Assigned Teams
Lane 1	Dynamo
Lane 2	Dynamo
Lane 3	Dynamo
Lane 4	ASL
Lane 5	ASL
Lane 6	GA
Lane 7	GCAT
Lane 8	Swim Atlanta
Lane 9	Swim Atlanta
Lane 10	Swim Atlanta

OPEN Warm Up lane is for one way starts the entirety of the second session. If a team controls there own lane, they can use their lanes for one way starts, but if they are sharing, they should use these open lanes for one-way racing starts.

The small warm up pool is available for open warm ups throughout the entire session.

Session 7 - Saturday, July 19 - FINALS 4:30-5:25

OPEN - 35 mins open, 20 mins controlled

Controlled schedule:

Lanes 1, 10 - Push/Pace

Lanes 2, 3, 7 - One way starts from diving well end of pool

Lane 8 - One way starts from shallow end of pool

Session 8 - Sunday, July 20 - Prelims

Session 1 (40 minutes) 7:00-7:40

Lane	Assigned Teams									
Lane 1	Dynamo									
Lane 2	Dynamo									
Lane 3	Swim Atlanta									
Lane 4	Swim Atlanta									
Lane 5	ASL									
Lane 6	GOLD									
Lane 7	TWS					LINS				
Lane 8	FST	LA	MAAC	CW	OAC	TTW	CSC	NWGA	SFY	
Lane 9	SST	DCS	ABSC	GSTK						
Lane 10	DAQ					HURR				

Session 2 (40 minutes) 7:40-8:20

Lane	Assigned Teams		
Lane 1	Dynamo		
Lane 2	Dynamo		
Lane 3	Swim Atlanta		
Lane 4	Swim Atlanta		
Lane 5	RAYS	JETS	
Lane 6	GOLD		
Lane 7	GA		
Lane 8	LCAC	LIFE	USAC
Lane 9	GCAT		
Lane 10	SPAC	SWAG	

Session 9 - Sunday, July 20 - Midday - Timed Finals

Session 1 (25 minutes) 11:45-12:10

Lane	Assigned Teams
Lane 1	Dynamo
Lane 2	Dynamo
Lane 3	Dynamo
Lane 4	ASL
Lane 5	ASL
Lane 6	GA
Lane 7	GCAT
Lane 8	Swim Atlanta
Lane 9	Swim Atlanta
Lane 10	Swim Atlanta

Session 2 (25 minutes) 12:10-12:35

Lane	Assigned Teams					
Lane 1	CCAC	CW	GSTK	TSA		
Lane 2	TWS	SST	TTW			
Lane 3	ABSC	DAQ	NWGA	BOOM		
Lane 4	GOLD					
Lane 5	GOLD					
Lane 6	HURR	LINS	Unattached-GA			
Lane 7	LCAC	FST	LA			
Lane 8	OPEN					
Lane 9	HLHK	LIFE	CSC	MALO	DCS	SWAG
Lane 10	JETS	SPAC	SFY	MAAC	USAC	

OPEN Warm Up lane is for one way starts the entirety of the second session. If a team controls there own lane, they can use their lanes for one way starts, but if they are sharing, they should use these open lanes for one-way racing starts.

The small warm up pool is available for open warm ups throughout the entire session.

Session 10 - Sunday, July 20 - FINALS 4:30-5:25

OPEN - 35 mins open, 20 mins controlled

Controlled schedule:

Lanes 1, 10 - Push/Pace

Lanes 2, 3, 7 - One way starts from diving well end of pool

Lane 8 - One way starts from shallow end of pool