

THURSDAY		2026 LC 13 & O State W-up Assignments		THURSDAY
Warm-up Session #1 (7:00-7:25 a.m.)				
Lane 1	LAKE			
Lane 2	LAKE	SWAT		
Lane 3	SWAT			
Lane 4	MSS	SPDY		
Lane 5	VAST	WBSC		
Lane 6	GYD	WAT	NLAC	SUP
Lane 7	J-HK	GBSC	DFAC	
Lane 8	WAVE	WASP		
Lane 9	SSTY			
Lane 10	SSTY			
Warm-up Session #2 (7:25-7:50 a.m.)				
Lane 1	WEST			
Lane 2	WEST			
Lane 3	WEST			
Lane 4	PX3			
Lane 5	SEA	WAUN	WAC	
Lane 6	STRM	TOSA		
Lane 7	LAXY	OCSC		
Lane 8	BAC			
Lane 9	RA			
Lane 10	RA	FCY	NBSC	
Warm-up Session #3 (7:50-8:15 a.m.)				
Lane 1	OZ			
Lane 2	OZ			
Lane 3	HSSB	MM		
Lane 4	SHOR			
Lane 5	SHOR			
Lane 6	WYNS	YCV	PASC	
Lane 7	MAC	ASC		
Lane 8	EBSC			
Lane 9	EBSC			
Lane 10	EBSC			
Warm-up Session #4 (8:15-8:30 a.m.)				
Lane 1	Pace			
Lane 2	1 way sprints			
Lane 3	1 way sprints			
Lane 4	1 way sprints			
Lane 5	General Circle Swim			
Lane 6	General Circle Swim			
Lane 7	1 way sprints			
Lane 8	1 way sprints			
Lane 9	1 way sprints			
Lane 10	Pace			

FRIDAY		2026 LC 13 & O State W-up Assignments			FRIDAY
Warm-up Session #1 (7:00-7:25 a.m.)					
Lane 1	OZ				
Lane 2	OZ				
Lane 3	HSSB	LIFE			
Lane 4	SHOR				
Lane 5	SHOR				
Lane 6	WYNS	YCV	PASC		
Lane 7	MAC				
Lane 8	ASC				
Lane 9	EBSC				
Lane 10	EBSC				
Warm-up Session #2 (7:25-7:50 a.m.)					
Lane 1	LAKE				
Lane 2	LAKE	SWAT			
Lane 3	SWAT				
Lane 4	MSS	SPDY			
Lane 5	VAST				
Lane 6	GYD	WAT	NLAC	SUP	
Lane 7	J-HK	GBSC	DFAC		
Lane 8	WAVE	WASP			
Lane 9	SSTY				
Lane 10	SSTY				
Warm-up Session #3 (7:50-8:15 a.m.)					
Lane 1	WEST				
Lane 2	WEST				
Lane 3	WEST				
Lane 4	PX3	GBY			
Lane 5	SEA	WAUN	WAC		
Lane 6	STRM	TOSA	OSHY		
Lane 7	LAXY	OCSC			
Lane 8	BAC	NBSC			
Lane 9	RA				
Lane 10	RA	FCY			
Warm-up Session #4 (8:15-8:30 a.m.)					
Lane 1	Pace				
Lane 2	1 way sprints				
Lane 3	1 way sprints				
Lane 4	1 way sprints				
Lane 5	General Circle Swim				
Lane 6	General Circle Swim				
Lane 7	1 way sprints				
Lane 8	1 way sprints				
Lane 9	1 way sprints				
Lane 10	Pace				

SATURDAY	2026 LC 13 & O State W-up Assignments			SATURDAY
Warm-up Session #1 (7:00-7:25 a.m.)				
Lane 1	WEST			
Lane 2	WEST			
Lane 3	WEST			
Lane 4	PX3	GBY		
Lane 5	SEA	WAC		
Lane 6	STRM	TOSA	OSHY	
Lane 7	LAXY	FCY		
Lane 8	BAC	NBSC		
Lane 9	RA			
Lane 10	RA	OCSC		
Warm-up Session #2 (7:25-7:50 a.m.)				
Lane 1	OZ			
Lane 2	OZ	PASC	YCV	
Lane 3	HSSB			
Lane 4	SHOR			
Lane 5	SHOR			
Lane 6	WYNS	ASC		
Lane 7	MAC	LIFE	MM	
Lane 8	EBSC			
Lane 9	EBSC			
Lane 10	EBSC			
Warm-up Session #3 (7:50-8:15 a.m.)				
Lane 1	LAKE			
Lane 2	LAKE	SWAT		
Lane 3	SWAT			
Lane 4	MSS	SPDY	WBSC	
Lane 5	VAST	NLAC		
Lane 6	GYD	WAT	WASP	SUP
Lane 7	J-HK	GBSC	DFAC	
Lane 8	WAVE			
Lane 9	SSTY			
Lane 10	SSTY			
Warm-up Session #4 (8:15-8:30 a.m.)				
Lane 1	Pace			
Lane 2	1 way sprints			
Lane 3	1 way sprints			
Lane 4	1 way sprints			
Lane 5	General Circle Swim			
Lane 6	General Circle Swim			
Lane 7	1 way sprints			
Lane 8	1 way sprints			
Lane 9	1 way sprints			
Lane 10	Pace			

SUNDAY	2026 LC 13 & O State W-up Assignments			SUNDAY
Warm-up Session #1 (7:00-7:25 a.m.)				
Lane 1	LAKE			
Lane 2	LAKE	SWAT		
Lane 3	SWAT			
Lane 4	MSS	SPDY	WBSC	
Lane 5	VAST			
Lane 6	GYD	WAT	WASP	SUP
Lane 7	J-HK	DFAC	NLAC	
Lane 8	WAVE	GBSC		
Lane 9	SSTY			
Lane 10	SSTY			
Warm-up Session #2 (7:25-7:50 a.m.)				
Lane 1	WEST			
Lane 2	WEST			
Lane 3	WEST			
Lane 4	PX3	GBY		
Lane 5	SEA	WAC	NBSC	
Lane 6	STRM	TOSA	OSHY	
Lane 7	LAXY	FCY		
Lane 8	BAC			
Lane 9	RA			
Lane 10	RA	OCSC		
Warm-up Session #3 (7:50-8:15 a.m.)				
Lane 1	OZ			
Lane 2	OZ	PASC		
Lane 3	HSSB			
Lane 4	SHOR			
Lane 5	SHOR			
Lane 6	WYNS	ASC		
Lane 7	MAC	LIFE	MM	
Lane 8	EBSC			
Lane 9	EBSC			
Lane 10	EBSC	YVC		
Warm-up Session #4 (8:15-8:30 a.m.)				
Lane 1	Pace			
Lane 2	1 way sprints			
Lane 3	1 way sprints			
Lane 4	1 way sprints			
Lane 5	General Circle Swim			
Lane 6	General Circle Swim			
Lane 7	1 way sprints			
Lane 8	1 way sprints			
Lane 9	1 way sprints			
Lane 10	Pace			