

2025 NHSA Championships at UVAC

Warm-up Assignments

All swimmers must sit in the gutter and slide in the water to enter the water during warm-ups and when using the warm-down lanes.

FRIDAY EVENING

Lanes	0	1	2	3	4	5	6	7	8	9	10
4:00-4:20	UVAC	UVAC	UVAC	UVAC	UVAC	GYT	GYT	GYT	GYT	GYT	CONY
4:20-4:40	ESC	ESC	ESC	ESC	ESC	ESC	ESC	ESC	EDGE	EDGE	EDGE
4:40-5:00	RAYS	RAYS	RAYS	RAYS	RAYS	RAYS	RAYS	PRDE	LRW	CVSA	BLUE

SATURDAY MORNING

Lanes	0	1	2	3	4	5	6	7	8	9	10
8:00-8:20	UVAC	UVAC	UVAC	UVAC	UVAC	ESC	ESC	ESC	ESC	ESC	ESC
8:20-8:40	RAYS	RAYS	RAYS	RAYS	RAYS	RAYS	EDGE	EDGE	EDGE	CONY	CONY
8:40-9:00	CVSA	CVSA	CVSA	GYT	GYT	GYT	LRW	LRW	BLUE LRW	PRDE	PRDE

SATURDAY AFTERNOON

Lanes	0	1	2	3	4	5	6	7	8	9	10
2:00-2:20	UVAC	UVAC	UVAC	UVAC	UVAC	GYT	GYT	GYT	GYT	PRDE	PRDE
2:20-2:40	ESC	ESC	ESC	ESC	ESC	ESC	ESC	CVSA	CVSA	CVSA	LRW
2:40-3:00	RAYS	RAYS	RAYS	RAYS	RAYS	RAYS	EDGE	EDGE	CONY	CONY	BLUE

Senior Ceremony 3:00 PM Saturday – Immediately after the last warm-ups on Saturday Afternoon

All Seniors should report to the starting end behind lanes 0-3