

2026 Tri-County Championships Warm-Up Schedule

Session 1

Saturday AM - 8 & Under, 9-10, 11-12 Boys

8:15 START

TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6:00-6:12	ER	ER	ER	HA	TH	TH
6:12-6:24	WB	WC	WC	WG	WG	WG
6:24-6:36	ST	ST	BF	CH	DF	DF
6:36-6:48	FH	FH	VS	WD	WD	WD
6:48-7:00	CB	CB	CB	OO	OO	CV
7:00-7:12	WE	WE	WO	WO	GF	GF
7:12-7:24	WL	WL	BR	BR	GP	GP
7:24-7:36	SB	SB	GB	WS	PR	PR
7:36-7:48	PO	PO	PO	RT	TC	TC
7:48-8:00	GT/GC	CR	HG	HG	DB	DB

Session 2

Saturday PM - 11-12 Girls, 13-14, 15-18

3:00 Start

TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12:45-12:57	TH	TH	HA	ST	WG	GC
12:57-1:09	ER	ER	ER	WD	WD	BF
1:09-1:21	WC	WC	CH	GF	GF	GF
1:21-1:33	WO	WO	DF	DF	CB	CB
1:33-1:45	CV	FH	FH	FH	OO	OO
1:45-1:57	WL	WL	WE	WE	WE	VS
1:57-2:09	GP	GP	GP	WB	TC	TC
2:09-2:21	RT	BR	SB	SB	GB	GB
2:21-2:33	PR	PR	PR	GT/WS	PO	PO
2:33-2:45	DB	DB	DB	HG	HG	CR

Session 3

SUNDAY FINALS - Subject to change based on Saturday results

TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:15-7:30	ER	ER	ER	ER	CH	BF
7:30-7:45	GC	WG	WG	TH	TH	HA
7:45-8:00	DF	DF	WB	ST	WC	WC
8:00-8:15	WD	WD	FH	FH	FH	VS
8:15-8:30	OO	OO	CB	CB	GF	GF
8:30-8:45	WO	WO	WL	WL	WE	WE
8:45-9:00	SB	SB	CV	WS	GB	RT
9:00-9:15	GP	GP	GP	GP	PR	PR
9:15-9:30	PO	PO	PO	DB	DB	DB
9:30-9:45	TC	TC	HG	HG	GT	BR/CR

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Notes

1. Warm up in assigned lane only
2. Teams must be supervised by a coach during the entire warm up
3. The last few minutes of each team's warm up may be used for sprints, off the block/backstroke starts and relay exchanges, in the assigned lane(s), while coach supervised
4. A "feet first" entry must be used at all other times during the team's warm up