

2025 VISAA Swimming and Diving Championship Warm-up Schedule

Thursday Evening (Feb 13th) Warm-up Schedule								
Lane	Session I 4:00-4:25 pm	Session II 4:25-4:50 pm	Session III 4:50-5:15 pm	Session IV 5:15-5:40 pm	Session V 5:40-6:05 pm	Session VI 6:05-6:30 pm	Session VII 6:30-6:55 pm	Session VIII 6:55-7:20 pm
1	Girls Preliminary Diving Warm-ups			Girls Preliminary Diving Competition				
2								
3								
4								
5								
6								
7								
8								
9	STC(23)/STCA(18)	STAB (16)	DJO (39)	SST (28)	EHS (9)	SBS (4)	ICHS (23)	FUMA (7)
10	STC(23)/STCA(18)	STAB (16)	DJO (39)	SST (28)	EHS (9)	BI (25)	ICHS (23)	HRA (7)
11	STC(23)/STCA(18)	SGHS(12)/BCP(9)	DJO (39)	SST (28)	WA (11)	BI (25)	ICHS (23)	PCHS (6)
12	STC(23)/STCA(18)	SGHS(12)/BCP(9)	DJO (39)	SST (28)	WA (11)	BI (25)	FH (18)	
13	SSAS (13)	SGHS(12)/BCP(9)	NA (40)	COOL (31)	TES (21)	JP (10)	FH (18)	
14	SSAS (13)	MAD (13)	NA (40)	COOL (31)	TES (21)	JP (10)	FH (18)	
15	OAK (12)	MAD (13)	NA (40)	COOL (31)	TES (21)	NSA (14)	MSA (8)	
16	OAK (12)	PVI (26)	NA (40)	COOL (31)	CHC (15)	NSA (14)	NCS! (12)	
17	TCS! (20)	PVI (26)	TSMV (12)	POTO (23)	CHC (15)	TCS (24)	NCS! (12)	
18	TCS! (20)	PVI (26)	TSMV (12)	POTO (23)	VES (5)	TCS (24)	CCS (7)	
19	TCS! (20)	VRTS (8)	HRA (9)	POTO (23)	WFS (9)	TCS (24)		
20								
21								
22								
23								
24								
25								

Friday Morning (Feb 14th) Preliminaries Warm-up Schedule					Saturday Morning (Feb 15th) Preliminaries Session Warm-up Schedule				
Lane	Session I 7:45-8:05 am	Session II 8:05-8:25 am	Session III 8:25-8:45 am	Session IV 8:45-9:00 am	Lane	Session I 7:45-8:05 am	Session II 8:05-8:25 am	Session III 8:25-8:45 am	Session IV 8:45-9:00 am
1	EHS (9)	STC(23)/STCA(18)	FUMA (7)/GCS(1)/GCHS(1)	Relay Starts	1	WFS (9)	NA (40)	TSMV(12)/VRTS(8)	Relay Starts
2	ICHS (23)	STC(23)/STCA(18)	SGHS(12)/BCP(9)	Relay Starts	2	TCS (24)	NA (40)	TSMV(12)/VRTS(8)	Relay Starts
3	ICHS (23)	STC(23)/STCA(18)	SGHS(12)/BCP(9)	One-Way Sprints	3	TCS (24)	NA (40)	CHC (15)/RCS(1)/RCS!(1)	One-Way Sprints
4	ICHS (23)	STC(23)/STCA(18)	SGHS(12)/BCP(9)	One-Way Sprints	4	TCS (24)	NA (40)	CHC (15)/RCS(1)/RCS!(1)	One-Way Sprints
5	HMA(7)/CH(1)	COOL (31)	DJO (39)	One-Way Sprints	5	NSA (14)/ NCS! (12)	OAK (12)	WA (11)/PCHS (6)	One-Way Sprints
6	SSA (13)/NOCO (1)	COOL (31)	DJO (39)	One-Way Sprints	6	NSA (14)/ NCS! (12)	OAK (12)	WA (11)/PCHS (6)	One-Way Sprints
7	SSA (13)/NOCO (1)	COOL (31)	DJO (39)	Relay Starts	7	NSA (14)/ NCS! (12)	STAB (16)	TCS! (18)	Relay Starts
8	HRA (9)	COOL (31)	DJO (39)	Relay Starts	8	NCS (9)	STAB (16)	TCS! (18)	Relay Starts
9	TCS! (18)	SST (28)	SBS(4)/STEW (5)	Continuous	9	FA (5)/KAA (2)/NCOV(1)	SST (28)	MAD (13)/CHS (12)	Continuous
10	TCS! (18)	SST (28)	FH (18)	Continuous	10	MSA (7)/WCA (1)	SST (28)	MAD (13)/CHS (12)	Continuous
11	MAD (13)/CHS (12)	SST (28)	FH (18)	Continuous	11	SBS(4)/STEW (5)	SST (28)	MAD (13)/CHS (12)	Continuous
12	MAD (13)/CHS (12)	BI (25)	JP (10)	Continuous	12	FH (18)	BI (25)	PVI (29)	Continuous
13	MAD (13)/CHS (12)	BI (25)	FCS (9)	Continuous	13	FH (18)	BI (25)	PVI (29)	Continuous
14	PVI (29)	BI (25)	FVCS (9)	Continuous	14	JP (10)	BI (25)	PVI (29)	Continuous
15	PVI (29)	POTO (23)	NSA (14)/ NCS! (12)	Continuous	15	FCS (9)	POTO (23)	TES (21)/VES(5)	Continuous
16	PVI (29)	POTO (23)	NSA (14)/ NCS! (12)	Continuous	16	FVCS (9)	POTO (23)	TES (21)/VES(5)	Continuous
17	TES (21)/VES(5)	POTO (23)	NSA (14)/ NCS! (12)	Continuous	17	CCS (7)/TNCS (2)	POTO (23)	TES (21)/VES(5)	Continuous
18	TES (21)/VES(5)	STAB (16)	NCS (9)	Continuous	18	FUMA (7)/GCS(1)/GCHS(1)	STC(23)/STCA(18)	HRA (9)	Continuous
19	TES (21)/VES(5)	STAB (16)	CCS (7)/TNCS (2)	Continuous	19	SGHS(12)/BCP(9)	STC(23)/STCA(18)	HMA(7)/CH(1)	Continuous
20	TSMV(12)/VRTS(8)	NA (40)	FA (5)/KAA (2)/NCOV(1)	Continuous	20	SGHS(12)/BCP(9)	STC(23)/STCA(18)	EHS (9)	Continuous
21	TSMV(12)/VRTS(8)	NA (40)	WFS (9)	Continuous	21	SGHS(12)/BCP(9)	STC(23)/STCA(18)	ICHS (23)	Continuous
22	CHC (15)/RCS(1)/RCS!(1)	NA (40)	TCS (24)	Continuous	22	DJO (39)	COOL (31)	ICHS (23)	Continuous
23	CHC (15)/RCS(1)/RCS!(1)	NA (40)	TCS (24)	Continuous	23	DJO (39)	COOL (31)	ICHS (23)	Continuous
24	WA (11)/PCHS (6)	OAK (12)	TCS (24)	Continuous	24	DJO (39)	COOL (31)	SSA (13)/NOCO (1)	Continuous
25	WA (11)/PCHS (6)	OAK (12)	MSA (7)/WCA (1)	Continuous	25	DJO (39)	COOL (31)	SSA (13)/NOCO (1)	Continuous

Friday Finals Warm-up Schedule		
Lane	Open Warm-up 4:00-5:00 pm	Final Warm-up 5:00-5:15 pm
1	Open	Relay Starts
2	Open	One-Way Sprints
3	Open	Closed for Diving
4	Open	Closed for Diving
5	Open	Closed for Diving
6	Open	Closed for Diving
7	Open	One-Way Sprints
8	Open	Relay Starts
9	Open	Open
10	Open	Open
11	Open	Open
12	Open	Open
13	Open	Open
14	Open	Open
15	Open	Open
16	Open	Open
17	Open	Open
18	Open	Open
19	Open	Open

Saturday Finals Warm-up Schedule		
Lane	Open Warm-up 3:45-4:50 pm	
1	Open	
2	Open	
3	Open	
4	Open	
5	Open	
6	Open	
7	Open	
8	Open	
9	Open	
10	Open	
11	Open	
12	Open	
13	Open	
14	Open	
15	Open	
16	Open	
17	Open	
18	Open	
19	Open	