



**2026 MA SENIOR CHAMPIONSHIP WARM-UP SCHEDULE**

Thursday	1650 FR & 800 Free Relay
4:00-4:30 PM	All Lanes open warm-ups
4:30-4:55 PM	Warm-up Pool: OPEN Competition Pool: LANES 1,2,9,10: PACING LANES 3-8: ONE WAY SPRINTS
5:00-8:30 PM	Warm-up Pool: OPEN DURING COMPETITION

Prelims Sessions	Session Starts at 9:00AM		
	FRIDAY	SATURDAY	SUNDAY
7:30-8:00 AM ALL LANES OPEN FOR WARM-UP	BSC-NLAC	NPAC-WAC	BSC-NLAC
8:00-8:30 AM ALL LANES OPEN FOR WARM-UP	NPAC-WAC	BSC-NLAC	NPAC-WAC
8:30-8:55 AM	Warm-Up Pool: OPEN Competition Pool: LANES 1,2,9,10: PACING LANES 3-8: ONE WAY SPRINTS		

Finals Session	Session Starts at 5:00PM
4:00-4:30 PM	BOTH POOLS WILL BE OPEN WARM-UP
4:30-4:55 PM	Competition Pool: LANES 1,2,9,10: PACING LANES 3-8: ONE WAY SPRINTS  Warm-up Pool: OPEN WARM-UP

Session Seven-1000 FR	Session Starts at 2:30PM
1:30-2:00 PM	All Lanes open warm-ups
2:00-2:25 PM	Warm-up Pool: OPEN Competition Pool: LANES 1,2,9,10: PACING LANES 3-8: ONE WAY SPRINTS