

**Warm - up Schedule 2026 12 & Under Silver / Bronze Championships Region C
at Princeton Middle School Pool**

Saturday session (1) 10 & Under, 3-20 min. warm-ups

Session starts at 8:05 am (building opens @ 6:45 am)

1st w-up 7:00 to 7:20 am		2nd w-up 7:20-7:40 am		3rd w-up 7:40-8:00 am	
Team	Lanes	Team	Lanes	Team	Lanes
PPST	1,2	XCEL	1,2,3	PTAC	1,2,3
PAA	3,4,5,6	MB	4,5,6,7,8	CJAC	4,5
WW	7	BGH & OCY	8	JG	6,7
HACY & APEX	8			HCY	8

Saturday session (2) 11-12's, 3-20 min. warm-ups

Session starts at 12:45 pm

1st w-up 11:40 to 12:00 pm		2nd w-up 12:00-12:20 pm		3rd w-up 12:20-12:40 pm	
Team	Lanes	Team	Lanes	Team	Lanes
PPST	1,2	XCEL	1,2,3	PTAC	1,2,3
JG	3,4	CJAC	4,5	MB	4,5,6,7,8
WW	5,6	PAA	6,7	OCY	8
HACY	7,8	APEX & HCY	8		
BGH	8				

Sunday session (3) 10 & Under, 3-20 min. warm-ups

Session starts at 8:05 am (building opens @ 6:45 am)

1st w-up 7:00 to 7:20 am		2nd w-up 7:20-7:40 am		3rd w-up 7:40-8:00 am	
Team	Lanes	Team	Lanes	Team	Lanes
PPST	1,2	PTAC	1,2,3,4	MB	1,2,3,4
CJAC	3,4	PAA	5,6,7	HACY	5
XCEL	5,6	WW	8	APEX	6
JG	7,8			HCY	7
				BGH & OCY	8

Sunday session (4) 8 & Under, 2-20 min. warm-up

Session starts at 11:35 pm

1st w-up 10:50 am-11:10 am			2nd w-up 11:10 am-11:30 am	
Team	Lanes		Team	Lanes
PPST	1,2		CJAC	1,2,3
XCEL	3,4		MB	4,5,6
PAA	5,6		PTAC	7,8
JG	7			
WW & BGH & HACY	8			

Sunday session (5) 11-12's, 3-20 min. warm-ups

Session starts at 2:15 pm

1st w-up 1:10 to 1:30 pm		2nd w-up 1:30-1:50 pm		3rd w-up 1:50-2:10 pm	
Team	Lanes	Team	Lanes	Team	Lanes
PPST	1,2	PAA	1,2	MB	1,2,3,4
HACY	3,4	CJAC	3,4	PTAC	5,6,7
WW	5,6	XCEL	5,6,7	APEX	8
JG	7,8	HCY & OCY	8		
BGH	8				