

**2026 AGE GROUP CHAMPS WARM UP ASSIGNMENTS
FRIDAY- 11-14 YEAR OLD**

SCRATCH TABLE

LANE 1- NCAP
LANE 2- NCAP
LANE 3- NCAP
LANE 4- YORK
LANE 5- RMSC
LANE 6- RMSC
LANE 7- RMSC
LANE 8- MIETR/TIBU/PgPR/QOSA
LANE 9- OCCS/TANK/SA
LANE 10- YORK/STIS/UN-TRI

FINALS POOL

LANE 8- NCAP
LANE 7- NCAP
LANE 6- MAKO
LANE 5- ASA/FFX
LANE 4- ASA
LANE 3- SDS
LANE 2- MACH
LANE 1- MACH

DIVE POOL

LANE 8- RMSC
LANE 7- RMSC
LANE 6- DCPR/DRAG/FAST/HACC
LANE 5- AAC/ASTS/BWST/CSC
LANE 4- FISH/MAC
LANE 3- HYAQ / LIFE
LANE 2- TOLL / PM
LANE 1- TOLL

POOL COURSE SCHEDULE

	BOYS	GIRLS
THURSDAY-	DIVE POOL	FINALS POOL
FRIDAY-	FINALS POOL	DIVE POOL
SATURDAY-	DIVE POOL	FINALS POOL
SUNDAY-	FINALS POOL	DIVE POOL

**2026 AGE GROUP CHAMPS WARM UP ASSIGNMENTS
FRIDAY- 10 & UNDER**

SCRATCH TABLE

LANE 1- NCAP
LANE 2- NCAP
LANE 3- NCAP
LANE 4- NCAP
LANE 5- RMSC
LANE 6- RMSC
LANE 7- RMSC
LANE 8- YORK
LANE 9- MACH
LANE 10- MACH

FINALS POOL

LANE 8- NCAP
LANE 7- NCAP
LANE 6- NCAP
LANE 5- ASA
LANE 4- ASA/UN-TRI
LANE 3- OCCS/WSH
LANE 2- PAC/PM/QOSA
LANE 1- ASTS/AAC

DIVE POOL

LANE 8- RMSC
LANE 7- RMSC
LANE 6- SDS/FISH
LANE 5- CSC/DCPR/DRAG/FXFX
LANE 4- HACC/HYAQ
LANE 3- TIBU/LIFE/METR/MAC
LANE 2- MAKO
LANE 1- TOLL/STJS

**2026 AGE GROUP CHAMPS WARM UP ASSIGNMENTS
SATURDAY- 11-14 YEAR OLD**

SCRATCH TABLE

LANE 1- NCAP
LANE 2- NCAP
LANE 3- NCAP
LANE 4- ASA
LANE 5- ASA
LANE 6- RMSC
LANE 7- RMSC
LANE 8- RMSC
LANE 9- DRAG /DCPR/CSC/BWST
LANE 10- AAC/APEX/STS

FINALS POOL

LANE 8- NCAP
LANE 7- NCAP
LANE 6- MACH
LANE 5- MACH
LANE 4- MAKO
LANE 3- METR/FXFX
LANE 2- HYAQ/HACC/FAST
LANE 1- OCCS

DIVE POOL

LANE 8- RMSC
LANE 7- RMSC
LANE 6- PM/TIBU/LIFE
LANE 5- FISH/MAC
LANE 4- SDS/PGPR/QOSA
LANE 3- YORK/TANK/SA
LANE 2- TOLL/STJS/UN-TRI
LANE 1- TOLL

POOL COURSE SCHEDULE

	BOYS	GIRLS
THURSDAY-	DIVE POOL	FINALS POOL
FRIDAY-	FINALS POOL	DIVE POOL
SATURDAY-	DIVE POOL	FINALS POOL
SUNDAY-	FINALS POOL	DIVE POOL

**2026 AGE GROUP CHAMPS WARM UP ASSIGNMENTS
SATURDAY- 10 & UNDER**

SCRATCH TABLE

LANE 1- NCAP
LANE 2- NCAP
LANE 3- ASA
LANE 4- ASA
LANE 5- RMSC
LANE 6- RMSC
LANE 7- HYAQ
LANE 8- HACCC/FFX
LANE 9- DRAG/DCPR/CSC
LANE 10- ASTS/AAC/BWST

FINALS POOL

LANE 8- NCAP
LANE 7- NCAP
LANE 6- METR/LIFE/TIBU
LANE 5- MAKO
LANE 4- MACH
LANE 3- MACH
LANE 2- QOSA/PAC/OCCS
LANE 1- SDS

DIVE POOL

LANE 8- RMSC
LANE 7- RMSC
LANE 6- RMSC
LANE 5- STJS/PM
LANE 4- FISH
LANE 3- YORK/UN-TRI/WSH
LANE 2- YORK
LANE 1- TOLL

**2026 AGE GROUP CHAMPS WARM UP ASSIGNMENTS
SUNDAY- 11- 14 YEAR OLD**

SCRATCH TABLE

LANE 1- NCAP
LANE 2- NCAP
LANE 3- NCAP
LANE 4- NCAP
LANE 5- PM/MAC
LANE 6- RMSC
LANE 7- RMSC
LANE 8- RMSC
LANE 9- SDS/FISH/YORK
LANE 10- SDS/FISH/YORK

FINALS POOL

LANE 8- NCAP
LANE 7- NCAP
LANE 6- MACH
LANE 5- MACH
LANE 4- OCCS/PGPR/QOSA
LANE 3- LIFE/DCPR/METR
LANE 2- MAKO/TANK/SA
LANE 1- HYAQ/TIBU

DIVE POOL

LANE 8- RMSC
LANE 7- RMSC
LANE 6- DRAG/FXFX/FAST/HACC
LANE 5- AAC/BWST/CSC
LANE 4- ASA
LANE 3- ASA/ASTS/APEX
LANE 2- TOLL/STJS
LANE 1- TOLL

POOL COURSE SCHEDULE

	BOYS	GIRLS
THURSDAY-	DIVE POOL	FINALS POOL
FRIDAY-	FINALS POOL	DIVE POOL
SATURDAY-	DIVE POOL	FINALS POOL
SUNDAY-	FINALS POOL	DIVE POOL

2026 AGE GROUP CHAMPS WARM UP ASSIGNMENTS
SUNDAY- 10 & UNDER

SCRATCH TABLE

LANE 1- NCAP
LANE 2- DCPR/DRAG
LANE 3- MAKO
LANE 4- METR/PAC/PM
LANE 5- RMSC
LANE 6- RMSC
LANE 7- RMSC
LANE 8- OCCS/LIFE
LANE 9- QOSA/TIBU
LANE 10- FFX/HACC

FINALS POOL

LANE 8- NCAP
LANE 7- NCAP
LANE 6- NCAP
LANE 5- ASTS/AAC/BWST/CSC
LANE 4- YORK/WSH/UN-TRI/STJS
LANE 3- YORK
LANE 2- MACH
LANE 1- MACH

DIVE POOL

LANE 8- RMSC
LANE 7- RMSC
LANE 6- RMSC
LANE 5- HYAQ
LANE 4- ASA
LANE 3- ASA
LANE 2- FISH/SDS
LANE 1- TOLL