

2025 Heartland Area Central Regional Championships Warm Up Assignments

Session 1 Friday PM All Ages Events 101-114

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	SWIMMER COUNT
4:55-5:20 PM	TPFY	TPFY	HHST	HHST	SCCY	SCCY	30
5:20-5:45 PM	FRAY	FRAY	OPFY	OPFY	KWBY	YOFM	27

Session 2 Saturday AM Ages 11-21 Events 201-242

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	SWIMMER COUNT
7:15-7:40 AM	TPFY	TPFY	SCCY	SCCY	SCCY	SCCY	40
7:40-8:05 AM	FRAY/EJFY	FRAY	FRAY	HHST	HHST	HHST	30
8:05-8:30 AM	OPFY	OPFY	OPFY	KWBY	SCTY	YOFM	37

Session 3 Saturday PM Ages 10&U Events 301-322

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	SWIMMER COUNT
1:40-2:05 PM	TPFY	SCCY	SCCY	SCCY	FRAY	FRAY	39
2:05-2:30 PM	HHST	OPFY	OPFY	KWBY	SCTY	YOFM	37

Session 4 Sunday AM Ages 11-21 Events 401-444

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	SWIMMER COUNT
7:15-7:40 AM	FRAY	FRAY	FRAY	HHST	HHST	HHST	33
7:40-8:05 AM	TPFY	TPFY	SCCY	SCCY	SCCY	SCCY	38
8:05-8:30 AM	OPFY	OPFY	OPFY	KWBY	SCTY	YOFM	37

Session 5 Sunday PM Ages 10&U Events 501-518

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	SWIMMER COUNT
1:40-2:05 PM	TPFY	YOFM	YOFM	FRAY	FRAY	SCTY	29
2:05 -2:30 PM	HHST	OPFY	OPFY	SCCY	SCCY	KWBY	35