



TAPPS North Region Swim Meet 2025 WARM-UP



Shallow			Warm up Pool										Deep										Competition Pool									
1	2	3	4	5	6	7	8	9	10	11	12	13	B	u	l	k	h	e	a	d	1	2	3	4	5	6	7	8	9	10		

Warm-Up #1 8:30 am - 9:00

L 1	Grapevine Faith
L 2	Grapevine Faith
L 3	Dallas International
L 4	Dallas International
L 5	Parish Episcopal
L 6	Parish Episcopal
L 7	Cornerstone/Lakehill/Longview Christian
L 8	Bishop Lynch
L 9	Bishop Lynch
L 10	Bishop Lynch
L 11	Prestonwood Christian/ Plano Prestonwood
L 12	Shelton/ Lubbock All Saints
L 13	Trinity Christian WP

L 1	Weatherford
L 2	Bishop Dunne/Bishop Gorman
L 3	Corem Flower Mound/Corem Plano
L 4	Corem Flower Mound/Corem Plano
L 5	Corem Flower Mound/Corem Plano
L 6	Winston/Valor/Grace Prep
L 7	Covenant/Mercy Culture/Poetry/Argyle
L 8	FW All Saints/FW Christian
L 9	Midland Christian/Midland Trinity
L 10	Midland Classical/Harvest Christian

SCHEDULE:

- 8:00 AM - Coach's Meeting in Hospitality
- 8:30 AM - Warm-up #1
- 9:00 AM - Warm-up #2
- 9:30 AM - One-way starts lanes 2-9; push/pace 1 and 10
- 9:30 AM - Timers' meeting in weight room - deck level
- 9:50 AM - Clear pool
- 9:55 AM - Prayer and National Anthem
- 10:00 AM - Competition begins

Teams that have warm-ups in the competition pool should use this time to practice one-way starts so teams in the other pool can use the 9:30 -9:50 slot to do their one-ways.

Warm-Up #2

9:00 am - 9:30 am

L 1	Addison Trinity
L 2	Addison Trinity
L 3	Alcuin
L 4	Alcuin
L 5	SW Christian
L 6	SW Christian
L 7	Ursuline
L 8	Ursuline
L 9	John Paul II
L 10	John Paul II
L 11	John Paul II
L 12	Ovilla/Ascension
L 13	Pantego

L 1	Nolan
L 2	Nolan
L 3	Nolan
L 4	Legacy Christian
L 5	Legacy Christian
L 6	Weatherford/Regents
L 7	Lubbock Christian
L 8	Tyler Grace
L 9	Tyler Grace
L 10	Tyler Grace