



TAPPS North Region Swim Meet 2026 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		
1	2	3	4	5	6	7	8	9	10	11	12	13													
1	2	3	4	5	6	7	8	9	10	11	12	13													

Warm-Up #1

8:30 am - 9:00

L 1	OPEN
L 2	Parish Episcopal
L 3	Parish Episcopal
L 4	Midland Classcial/Midland Christian/Valor
L 5	Midland Classcial/Midland Christian/Valor
L 6	John Paul II
L 7	John Paul II
L 8	John Paul II
L 9	Grapevine Faith/Longview Christian
L 10	Grapevine Faith/Longview Christian
L 11	Lakehill Prep/Harvest Christian/FW Christian
L 12	Alcuin
L 13	Alcuin

L 1	Addison Trinity/All Saints Lubbock
L 2	Trinity Christian WP
L 3	Trinity Christian WP
L 4	Trinity Christian WP
L 5	Legacy Christian/Weatherford Christian
L 6	Bishop Lynch
L 7	Bishop Lynch
L 8	Bishop Lynch
L 9	FW All Saints/Argyle Liberty
L 10	Bishop Dunne

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	OPEN
L 2	Plano Prestonwood/Prestonwood Christian
L 3	Plano Prestonwood/Prestonwood Christian
L 4	Lubbock Christian/Mercy Culture
L 5	Lubbock Christian/Mercy Culture
L 6	Coram Flower Mound/Coram Plano
L 7	Coram Flower Mound/Coram Plano
L 8	Coram Flower Mound/Coram Plano
L 9	Dallas International
L 10	Dallas International
L 11	Ursuline
L 12	Ursuline
L 13	Bishop Gorman/Bracken Christian/Grace Prep

L 1	Tyler Grace
L 2	Tyler Grace
L 3	Nolan
L 4	Nolan
L 5	Nolan
L 6	SW Christian/Westwood/Regents
L 7	SW Christian/Westwood/Regents
L 8	Shelton/Covenant Christian
L 9	Ovilla/Pantego
L 10	Midland Trinity/Winston