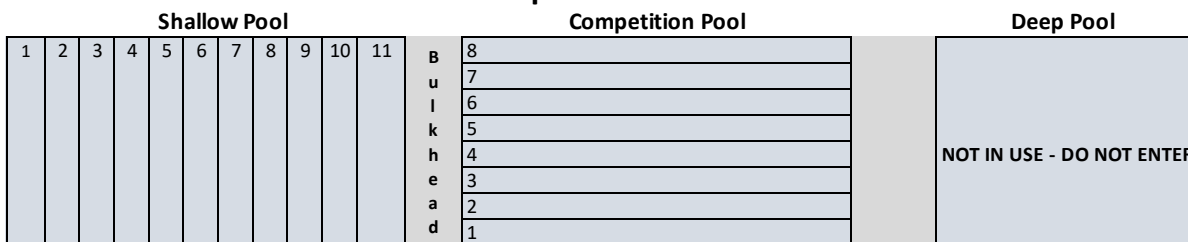




# TAPPS East Region Swim Meet 2025



## Warm-Up Locations



### Warm Up #1

8:40am - 9:05

L1	Bay Area
L2	Bay Area
L3	Bay Area
L4	British
L5	British
L6	Legacy Prep
L7	Legacy Prep/Calvary Baptist
L8	Houston St. Thomas
L9	Houston St. Thomas/Allen Academy
L10	Concordia Lutheran
L11	Concordia Lutheran/Faith West

L8	St. Agnes
L7	St. Agnes
L6	St. Thomas
L5	St. Thomas/St. Francis
L4	St. Pius X
L3	St. John 23
L2	St. John 23
L1	St. John 23

### SCHEDULE

- 8:10 AM - Coaches Meeting in hospitality
- 8:40 AM - Warm-up #1
- 9:05 AM - Warm-up #2
- 9:30 AM - Competition Pool - Sprint (2-7) ; 1 and 8 push/pace
- 9:30 AM - Timers report outside the meet room on the deck
- 9:50 AM - Clear Pool
- 9:55 AM - Prayer and National Anthem
- 10:00 AM - Competition Begins

### Warm Up #2

9:05 am - 9:30

L1	The Village
L2	The Village
L3	The Village
L4	Logos
L5	Logos
L6	Emery Weiner
L7	Emery Weiner/Northland
L8	Cypress Christian
L9	Frassati
L10	Frassati
L11	Frassati

L8	Fort Bend/Grace Christian
L7	Alpha Omega/First Baptist/Second Baptist Cypress
L6	Alpha Omega/First Baptist/Second Baptist Cypress
L5	Houston Incarnate Word
L4	Monsignor Kelly/Providence Classical
L3	Lutheran South/Covenant Christian
L2	Lutheran South
L1	Second Baptist/Briarwood

Teams warming up in competition pool need to use part of this time on one-way starts so the other teams can use the blocks during the one-way start time.