

2026 Miami A Warm-ups

**January 17, 18, 2026**

**Saturday AM: THREE (3) 25 minute sessions, Meet starts at 9:00 AM**

7:35-8:00	Balcony	8:00-8:25	Balcony	8:25-8:50	Balcony
1	CSTX	1	COH	1	HAR
2	CSTX	2	COH	2	HAR
3	CSTX	3	COH	3	HAR
4	CSTX	4	COH	4	HAR
5	CSTX	5	TED	5	CTAY
6	CSTX	6	TED	6	CTAY
7	CSTX	7	HAM	7	EAT
8	CSTX	8	HAM	8	EAT/NPNT
9	CSTX	9	HAM	9	EAT

**Sunday AM: THREE (3) 25 minute sessions, Meet starts at 9:00 AM**

7:35-8:00	Scoreboard	8:00-8:25	Scoreboard	8:25-8:50	Scoreboard
1	CSTX	1	COH	1	HAR
2	CSTX	2	COH	2	HAR
3	CSTX	3	COH	3	HAR
4	CSTX	4	COH	4	HAR
5	CSTX	5	TED	5	CTAY
6	CSTX	6	TED	6	CTAY
7	CSTX	7	HAM	7	EAT
8	CSTX	8	HAM	8	EAT/NPNT
9	CSTX	9	HAM	9	EAT