

2025 NHIAA SWIMMING & DIVING CHAMPIONSHIPS  
DIVISION I  
WARM-UP SCHEDULE  
SATURDAY, FEBRUARY 15, 2025

Feet first entry only except during one-way sprints. All swimmers must enter from the start end of the pool. (Lanes 7&8 will be used for Divers ONLY during Warm-Up Session 3 in the event of inclement weather).

SESSION 1 LANE 1-8  
(7:00-7:30am)

DOVER  
EXETER  
LONDONDERRY  
SPAULDING  
PINKERTON  
PORTSMOUTH

SESSION 2 LANES 1-8  
(7:30-8:00am)

BEDFORD  
BISHOP GUERTIN  
NASHUA NORTH  
NASHUA SOUTH  
WINNACUNENT

SESSION 3 LANES 1-8  
(8:00-8:30am)

ALVIRNE  
GOFFSTOWN  
KEENE  
MANCHESTER CENTRAL  
MANCHESTER MEMORIAL  
MERRIMACK  
SALEM  
WINDHAM

Teams must have a coach supervising all athletes during warm-ups.