

2025 NHIAA SWIMMING & DIVING CHAMPIONSHIPS  
DIVISION 2  
SNOW DATE WARM-UP SCHEDULE  
FRIDAY, FEBRUARY 14, 2025, 4:30PM-5:30PM

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 later in the meet due to inclement weather).

SESSION 1 LANES 1-8  
(4:30-5:00PM)

BELMONT  
BOW  
COE-BROWN  
DERRYFIELD  
GILFORD  
LACONIA  
NEWMARKET  
OYSTER RIVER  
PELHAM  
PEMBROKE  
PORTSMOUT CHRISTIAN  
ST. THOMAS AQUINAS  
TRINITY

SESSION 2 LANES 1-8  
(5:00-5:30PM)

CONANT  
CONVAL  
FALL MOUNTAIN  
HANOVER  
HOLLIS-BROOKLINE  
JOHN STARK  
KEARSARGE  
LEBANON  
MASCENIC REGIONAL  
MASCOMA  
MILFORD  
PLYMOUTH  
SOUHEGAN  
STEVENS  
SUNAPEE  
TIMBERLANE

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