

2026 NHIAA SWIMMING & DIVING CHAMPIONSHIPS
DIVISION I
WARM-UP SCHEDULE
SATURDAY, FEBRUARY 14, 2026

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 in the event of inclement weather).

SESSION 1 LANE 1-8
(1:30-2:00PM)

DOVER
EXETER
LONDONDERRY
SPAULDING
PINKERTON
PORTSMOUTH

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

BEDFORD
BISHOP GUERTIN
NASHUA NORTH
NASHUA SOUTH
WINNACUNENT

SESSION 3 LANES 1-8
(2:30-3:00PM)

ALVIRNE
GOFFSTOWN
KEENE
MANCHESTER CENTRAL
MANCHESTER MEMORIAL
MERRIMACK
SALEM
WINDHAM

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