

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.