

2026 NHIAA SWIMMING & DIVING CHAMPIONSHIPS
DIVISION 2
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 if needed due to inclement weather).

SESSION 1 LANES 1-8
(7:30-8:00AM)

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

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

CONANT
CONVAL
FALL MOUNTAIN
HANOVER
HOLLIS-BROOKLINE
HOPKINTON
INTER-LAKES
JOHN STARK
KEARSARGE
LEBANON
MILFORD
MONADNOCK
PLYMOUTH
SOUHEGAN
TIMBERLANE
WILTON-LYNDBOROUGH

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