

**Duet Prelim Warm Up Specifications**  
**Saturday February 14, 2026**

4:15pm - 4:30pm Lap Warm Up Only

4:30pm - 4:45pm Duet Comp #1-7 in pool, Comp #8-13 out of water

4:45pm - 5:00pm Duet Comp #8-13 in pool, Comp #1-7 out of water

**Team Prelim Warm Up**  
**Sunday Febraury 15, 2026**

**9:00am - 9:25am Laps Only All Teams**

**9:25am - 9:40am Synchro Activation Individual no patterns**

**Team Prelim Warm Up**  
**Sunday Febraury 15, 2026**  
**9:45am - 10:00am**



**Team Prelim Warm Up**  
**Sunday Febraury 15, 2026**  
**10:00am - 10:15am**



**Duet Final Warm Up Specifications**  
**Sunday Febraury 15, 2026**

12:30pm - 12:45pm Lap Warm Up Only

12:45pm - 1:00pm Duet Comp #1-7 in pool, Comp #8-13 out of water

1:00pm - 1:15pm Duet Comp #8-13 in pool, Comp #1-7 out of water

**Team Final Warm Up**  
**Monday Febraury 16, 2026**

**8:00am - 8:25am Laps Only All Teams**

**8:25am - 8:40am Synchro Activation Individual no patterns**

**Team Prelim Warm Up  
Monday February 16, 2026  
8:45am - 9:00am**



**Team Prelim Warm Up  
Monday February 16, 2026  
9:00am - 9:15am**

