

2026 Lakeside Aquatic Club Spring Sectionals Itinerary (Modifications will be made to the itinerary as necessary)

Wednesday March 4 or Thursday March 5

Travel to Justin, TX- Check into Hotel/AirBNB/Etc.

Get Settled, Stretch, Shave, Eat, and Get some Sleep!

Thursday March 5

Shirt: Carry The Torch Crawfish T-Shirt

4:00-4:45pm - Warm Up

5:00pm - Meet Starts- 200 Medley Relay, 1000 Free, 400 Free Relay [Relay assignments out very soon]

- 200 Medley A Girls
- 200 Medley A Boys
- 1000 Free
- 400 Free A Girls
- 400 Free A Boys

7:00pm (tentative) - Team Dinner- Joe's Italian. There will be a reserved area for the team members and coaching staff. The plan is for the food order to be ready when we arrive, allowing athletes to get in and out quickly.

Link to order <https://forms.gle/35JAnHxRaKuy3Sg77> (\$25 per plate)

10pm - Lights Out

Photo on Friday this year due to athlete travel schedules and races on Thursday

Friday March 6

Shirt: 2026 Team One Shirt

6:00am-6:30am - Wake Up/Breakfast

7:30am-8am - Arrive at Pool for Warmups- Communicate w/coach what is best for you

9am Meet Starts- 100 Free, 200 Breast, 200 Back, 500 Free, 200 Free Relay (No Relays Remainder of the Meet Weekend)

12pm - 2pm Lunch on own and nap

2:15pm - Make sure you are awake. Quick shower and brush your teeth.

3:45pm - Meet outside of the Natatorium Team and go in as a group.

Wear white warm-up top, black bottom and team shirt. Photos will be taken once in the pool area.

5:00pm Finals- 100 Free, 200 Breast, 200 Back, 500 Free

8:00pm Dinner

10pm - Lights Out

Saturday March 7

Shirt: Red Crawfish T-Shirt

6:00am-6:30am Wake Up/Breakfast

7:30am-8am - Arrive at Pool for Warmups- Communicate w/coach what is best for you

9am Meet Starts- 200 Free, 100 Breast, 100 Fly, 400 IM, 800 Free Relay (No Relays)

12pm -2 Lunch on own and nap

2:15pm - Make sure you are awake. Take a shower and brush your teeth.

3:45pm - Arrive for Warmups

4:45pm - Arrive to Cheer if not in Finals and not loosening during warmups

5:00pm - Finals- 200 Free, 100 Breast, 100 Fly, 400 IM

8:00pm - Dinner

10pm - Lights Out

Sunday March 8

Shirt: Black Crawfish T-Shirt

6:00am-6:30am - Wake Up/Breakfast

7:30am-8am -Arrive at Pool for Warmups- Communicate w/coach what is best for you

9am - Meet Starts- 200 Fly, 100 Back, 200 IM, 50 Free, 1650 Free,400 Medley Relay)

12pm -2 Lunch on own and nap

2:15pm- Make sure you are awake. Shower and brush your teeth.

3:45pm - Arrive for Warmups

5:00pm- Finals 200 Fly, 100 Back, 1650 Free (Fastest Women's Heat, Fastest Men's Heat), 200 IM, 50 Free

Travel Home or Travel Home Monday March 9- Finals attendance not required on Sunday if not qualifying to swim

Other Reminders/Items to remember

1. sports drinks or mix
2. water bottles
3. Food
4. Extra Suits, goggles, caps, towels, etc.
5. Gels, Gu, caffeine products, bars, etc.
6. Warmups and all team attire necessary per dress code

Meet Info

1. Wear team warmups at all sessions on deck and the proper team color shirt. We want to look like a team. You can have additional warm clothing such as parka and sweatshirts, but always wear team gear and be proud.
2. Arena Tech Suits are **STRONGLY** encouraged. We are an Arena Sponsored Team and encourage all athletes to represent Arena throughout the weekend. The Arena Rep will be at the meet throughout the weekend if there are issues or questions.
3. All athletes are expected to attend Finals on Friday and Saturday to cheer for teammates and watch the Finals Session.
4. CAPS: CA Black Dome CAP or Black Crawfish Caps.
5. WAIVERS: All athletes will need to fill out a USA Swimming Competitor Waiver. Coaches & athletes will not be given their credentials until their waivers are turned in. Waivers will be sent out via pdf or done electronically. Please have them completed for pick up if they are not sent digitally.
6. MEET FORMAT: Prelims will be swum in two pools, a Girls Pool, and a Boys Pool. All events will be swum Fastest to Slowest. Flyover starts will be used for prelims. Finals will be swum in one pool (will know after coaches meeting). See Below for more information.
7. WARM-UPS:
 - Friday through Sunday Prelims: warm-ups are 7:00-8:45 AM with Pace/Start lanes starting at 8:00 AM (approximate), meet start at 9:00 AM.
 - Thursday through Sunday Finals: warm-ups are 4:00-4:45 PM with Pace/Start lanes starting at 4:25 PM (approximate), meet start at 5:00 PM.
8. PARKING: Traffic in the area will be thick Thursday and Friday - especially in the afternoons when school is finished. Please plan accordingly.
9. TICKET PURCHASES will be handled at the front desk of the aquatic center. Spectator tickets will be available for \$25 all session pass, or \$5 per session. Children 5 years old and younger are free.

Important Items

- A Relay Teams will participate in each event
- First 3 Heats will be circled seeded at prelims for all events except for relays, 1000 Free, and 1650 Free.
- Will provide heat sheet info when available. The staff will try to get it out to you all as soon as it is available. Check your emails regularly.
- Results will be on Meet Mobile- Justin, TX
- Prelim events will swim fastest to slowest

- Finals will have A, B, C, D, and E finals for all events. 1000 and 1650 Free are Timed Finals.
- E Final is for 18 and Under Athletes.
- Entire meet is swum in Short Course Yards (SCY).
- Remember to print and get your site coach to sign your reimbursement form.