

2025 Loughmiller Memorial Invitational

November 7-9, 2025

Warmup Schedule

Session 1 = Open Warmup begins at 6:05pm at GMU

Sessions 2 and 4 = Open Warmup beginning at 8:10am - One way starts begin at 8:35am

Sessions 3 and 5

FXFX warmup from 12pm-12:25pm in all lanes

CSC warmup from 12:25pm - 12:50pm in lanes 7, 8, A, B, C, D

DRAG warmup from 12:25pm - 12:50pm in lanes 5 and 6

NCAP warmup from 12:25pm - 12:50pm in lanes 2, 3 and 4

RIPS warmup from 12:25pm - 12:50pm in lane 1 and overflow