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| 2019 Long Course Last Chance and 8&U Championship  Warm-Up Assignments | | | | |
|  | SESSION 1 (27 minutes) | | | |
| **LANES** | First Warm-up  3:00 pm – 3:27 pm | | Second Warm-up  3:28 am – 3:55 pm | |
| **1** | iNspire | | HLA, Norfolk Y | |
| **2** | Omaha Swim Federation | | Sarpy County Swim Club, UNAT, Stingrays | |
| **3** | ACE, GNST | | Siouxland Sharks, NA | |
| **4** | GOAL | | Brownell Talbot, Council Bluffs | |
| **5** | Lincoln Select Swimming | | Swim Omaha | |
| **6** | Millard Aquatic Club, FAST | | Swim Omaha | |
|  | SESSIONS 2 and 4 (28 minutes) | | | |
| **LANES** | First Warm-up  6:45 am – 7:13 am | Second Warm-up  7:14 am – 7:42 am | | Third Warm-up  7:43 am – 8:11 am |
| **1** | iNspire | Swim Omaha | | Sarpy County Swim Club |
| **2** | iNspire | Swim Omaha | | HLA |
| **3** | ACE | Swim Omaha | | Council Bluffs |
| **4** | ACE | Millard Aquatic Club | | Siouxland Sharks, UNAT |
| **5** | Omaha Swim Federation, FAST | Millard Aquatic Club, Brownell Talbot, HUSK | | NA, Norfolk Y |
| **6** | Omaha Swim Federation | Lincoln Select Swimming | | GNST, Life Time, Mariners Swim Club |
|  | SESSIONS 3 and 5 (22 minutes) | | | |
| **LANES** | First Warm-up  1:30 pm – 1:52 pm | | Second Warm-up  1:53 pm – 2:10 pm | |
| **1** | iNspire, Omaha Swim Federation, GNST | | Norfolk Y, Brownell Talbot | |
| **2** | ACE, HUSK, HYAC | | Sarpy County Swim Club, Siouxland Sharks | |
| **3** | ACE | | Sarpy County Swim Club | |
| **4** | Swim Omaha | | Council Bluffs, NA, UNAT | |
| **5** | Lincoln Select Swimming | | Millard Aquatic Club | |
| **6** | Goal, Stingray Swim Team | | Millard Aquatic Club, Mariners Swim Club, HLA | |