

## MTHSSA HIGH SCHOOL REGIONAL CHAMPIONSHIP 2026

LESSONS POOL OPEN WARMUP BEGINNING AT 8:10 THROUGH COMPETITION

### FIRST WARMUP 8:10-8:35

LESSONS POOL	DECK	Shallow pool	school	# swimmers	BULKHEAD	Deep pool	school	# swimmers
		8	Henry Co:7 Providence Christian 2	9		8	Franklin High School 11	11
		7	Brentwood HS 11	11		7	Franklin High School 11	11
		6	Brentwood HS 10	10		6	Harpeth Hall HS 11	11
		5	Brentwood Academy HS 10	10		5	Harpeth Hall HS 10	10
		4	Brentwood Academy HS 11	11		4	Father Ryan High School 10	10
		3	MBA 9	9		3	Father Ryan High School 10	10
		2	MBA 10	10		2	Father Ryan High School 3 CPA 3 Blackman 4	10
		1	MBA 10	10		1	Christ Presbyterian Academy HS 10	10
		Total		80		Total		83

### SECOND WARMUP 8:35-9:00

LESSONS POOL	DECK	Shallow pool	school	# swimmers	BULKHEAD	Deep pool	school	# swimmers
		8	Agathos 2, Zion 2, Columbia Central 6,	10		8	Mt. Juliet 9, Watertown 1	10
		7	St. Cecilia 6 Lawrence Co 1 Columbia Acad 3	10		7	Nolensville 7 Mt Juliet 3	10
		6	Battle Ground Academy HS 7 LaVergne 3	10		6	Page 5, Nolensville High School 5	10
		5	Cascade 2, Webb 1, Centennial 7	10		5	Page 10	10
		4	Franklin Road Academy HS 9	9		4	Cookeville HS 8, Highlander Rim 1	9
		3	Wilson Central High School 10	10		3	Upperman 4 Oakland 6	10
		2	Cornersville 2, forrest 1 marshall co 5	8		2	Oakland 11	11
		1	JP2 -11	11		1	Oakland 11	11
		Total		78		Total		81