

SSL TIME TRIALS & CHAMPIONSHIPS SCHEDULE

Time Trials	
Sunday	13 & Over
Monday	11 – 12
Tuesday	9 – 10
Wednesday	8 & Under
Championships	
Saturday	Championships
Rain Dates	
Thursday	Time Trials
Sunday (second)	Championships

TIME TRIALS - WARM-UP SCHEDULE

Sunday ONLY	Time Trials start at 3:45 p.m.
2:15-2:30 p.m.	Teams will be assigned to a specific warm-up period after entries are processed. Teams will be notified no later than Thursday of their warm-up period. The first 10-min of each period will be for general warm-up in all lanes, followed by a 5-min Sprint warm-up for all lanes.
2:30-2:45 p.m.	
2:45-3:00 p.m.	
3:00-3:15 p.m.	
3:15-3:30 p.m.	
3:15 p.m.	Coach Meeting
3:15 p.m.	Officials Meeting
3:45 p.m.	Meet Start

Monday, Tuesday, & Wednesday ONLY	Time Trials start at 5:30 p.m.
4:20-4:35 p.m.	Teams are assigned to a specific warm-up period. Lane assignments during each warm-up period will be made at the Time Trial depending on the number of swimmers entered from each Team.
4:35-4:50 p.m.	
2:45-3:00 p.m.	Lane 1 (or 6) is a sprint lane - enter pool at starting end, swim to opposite end; leave pool and walk back to start. In successive years, each 'Group' will advance to the next earlier time slot.
4:50-5:05 p.m.	
5:05-5:20 p.m.	
5:00 p.m.	Coach Meeting
5:00 p.m.	Officials Meeting
5:30 p.m.	Meet Start

CHAMPIONSHIPS – WARM-UP SCHEDULE

Championship Sunday ONLY		Championships start at 9:00 a.m.
7:30-7:45 a.m.	<p>Specific lane assignments will be made at Championships based on the number of participating swimmers from each Team.</p> <p>Lanes 0 and 1 will be a sprint lanes - enter pool at starting end, swim to opposite end; leave pool and walk back to start. A Sprint lane will remain open until 8:45 a.m</p> <p>In successive years, each 'Group' will advance to the next earlier time slot.</p>	
7:45-8:00 a.m.		
8:00-8:15 a.m.		
8:15-8:30 a.m.		
8:30 a.m.	Scratch Meeting	
8:30 a.m.	Officials Meeting	
9:00 a.m.	CHAMPIONSHIPS Start	