

SSL - Time Trials Warm-up Schedule

Pool: **North Star**

Date: **7/17/2023**

Age: 11-12

lanes: **5**

Swimmers entered: **193**

Swimmers each period : **48** (goal)

Swimmers each lane : **10** (goal)

	Warm-up Lane(s)	# of swimmers entered
<u>Warm-up 4:15-4:30</u>		
Fairfield	1 and share 2	15
Oaklands	share 2 and all of 3	17
Westminster	4	10
Yorklyn	5	11
<u>Warm-up 4:30-4:45</u>		
Arundel	share 1	7
Oakwood Valley	share 1, share 2	7
Maple Valley	share 2	5
North Star	3 and share 4	17
Skyline	share 4 and all of 5	12
<u>Warm-up 4:45-5:00</u>		
Drummond Hill	1 and share 2	15
Persimmon Creek	share 2 and all of 3	15
Western Y	4 and 5	18
<u>Warm-up 5:00-5:15</u>		
Crestmoor	share 3	4
Nottingham Green	1 and 2	19
Penn Acres	share 3	3
Wedgewood	4 and share 5	16
Sherwood Park	share 5	2

General Warm-up for first 10 minutes; 'Sprints' across all lanes for last 5 minute