

SSL - Time Trials Warm-up Schedule

Pool: Skyline

Date: 7/16/2023

Age: 13-18

lanes: 6

Swimmers entered: 297

Swimmers each period : 59 (goal)

Swimmers each lane : 10 (goal)

Club	Warm-up Lane(s)	# of swimmers
<u>Warm-up 2:15 - 2:30</u>		
Persimmon Crk	1 and 2	18
North Star	3, 4, share 5	29
Crestmoor	share 5	5
Westminster	6	10
<u>Warm-up 2:30 - 2:45</u>		
Drummond Hill	1 and 2	19
Skyline	3 and share 4	16
Fairfield	share 4 and 5	17
Maple Valley	6	8
<u>Warm-up 2:45 - 3:00</u>		
Oaklands	1, 2, and 3	31
Nottingham Grn	4, share 5	16
Oakwood Valley	share 5, and all of 6	11
<u>Warm-up 3:00 - 3:15</u>		
Sherwood Park	1	8
Wedgewood	2,3,4, and 5	45
Penn Acres	6	6
<u>Warm-up 3:15 - 3:30</u>		
Western Y	1,2 and 3	30
Yorklyn	4 and share 5	17
Arundel	share 5 and all of 6	11

General Warm-up for first 10 minutes; 'Sprints' across all lanes for last 5 minute
 There will be an addtl 'general' 10-min warm-up following the Ind Medley events