

# SSL - Time Trials Warm-up Schedule

Pool: **Wedgewood**

Date: **7/19/2023**

Age: 8 & Under

# lanes: **6**

Swimmers entered : **190**

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

Swimmers each lane : **8** (goal)

	Warm-up Lane(s)	# of swimmers entered
<b><u>Warm-up 4:15-4:30</u></b>		
North Star	1 and 2	14
Wedgewood	3 and 4	14
Westminster	5 and 6	18
<b><u>Warm-up 4:30-4:45</u></b>		
Drummond Hill	1 and share 2	11
Maple Valley	share 2 and all of 3	12
Skyline	4 and 5	15
Crestmoor	share 6	7
Sherwood Park	share 6	1
Penn Acres	share 6	2
<b><u>Warm-up 4:45-5:00</u></b>		
Nottingham Green	1 and 2	20
Arundel	3	6
Yorklyn	4, 5, and 6	22
<b><u>Warm-up 5:00-5:15</u></b>		
Western Y	1 and share 2	12
Oaklands	share 2 and all of 3	14
Fairfield	4	8
Persimmon Creek	5	8
Oakwood Valley	6	6

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