

SSL - Time Trials Warm-up Schedule

Pool: **Nottingham**

Date: **7/18/2023**

Age: 9-10

lanes: **5**

Swimmers entered: **174**

Swimmers each period : **44** (goal)

Swimmers each lane : **9** (goal)

	Warm-up Lane(s)	# of swimmers entered
<u>Warm-up 4:15-4:30</u>		
Oaklands	share 1	5
Sherwood Park	share 1	8
Penn Acres	share 2	2
Arundel	share 2	4
Persimmon Creek	3	10
Westminster	share 4 and all of 5	13
<u>Warm-up 4:30-4:45</u>		
Yorklyn	1 and 2	15
Fairfield	5	10
Wedgewood	3 and 4	18
<u>Warm-up 4:45-5:00</u>		
Drummond Hill	1	9
Maple Valley	2	10
Western Y	3 and 4	19
Crestmoor	5	8
<u>Warm-up 5:00-5:15</u>		
Skyline	1 and 2	13
Nottingham Green	3 and share 4	16
Oakwood Valley	share 4	2
North Star	5	12

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