

SSL - Championships Warm-up Schedule

Pool: **Western YMCA**

Date: **7/22/2023**

lanes: **9** Lanes 0 thru 8

Swimmers entered: **467**

Swimmers each period : **117** (goal)

Swimmers each lane : **13** (goal)

| | Warm-up Lane(s) | # of swimmers entered | |
|-------------------------------|--------------------------------|-----------------------|------------|
| <u>Warm-up 7:30-7:45 a.m.</u> | | | |
| Crestmoor | Share 0 | 6 | |
| Penn Acres | Share 0 | 7 | |
| Skyline | 1 and 2 | 26 | |
| Wedgewood | 3, 4, 5, and 6 | 55 | |
| Sherwood Park | 7 | 9 | |
| Oakwood Valley | 8 | 13 | |
| | | | 116 |
| <u>Warm-up 7:45-8:00 a.m.</u> | | | |
| Drummond Hill | 0, 1, and share 2 | 31 | |
| Yorklyn | share 2, all of 3, 4, and 5 | 43 | |
| Oaklands | 6, 7, and 8 | 39 | |
| | | | 113 |
| <u>Warm-up 8:00-8:15 a.m.</u> | | | |
| Persimmon Creek | 0 and 1 | 26 | |
| Maple Valley | 2 and share 3 | 16 | |
| North Star | share 3, all of 4, 5, and 6 | 46 | |
| Westminster | 7 and 8 | 29 | |
| | | | 117 |
| <u>Warm-up 8:15-8:30 a.m.</u> | | | |
| Western Y | 0, 1, 2, and 3 | 48 | |
| Arundel | share 4 | 9 | |
| Fairfield | share 4 and all of 5 | 22 | |
| Nottingham | 6, 7, and 8 | 42 | |
| | | | 121 |

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