

SSL Championships warm-up schedule

COACHES / REPS:

Here are the Warm-up times for the 2024 SSL Championships.

Based on the number of swimmers from each team, the assignments were made to have approximately the same number of swimmers in each session. Teams were initially moved to the next earlier session from 2023, however, a couple teams were moved to another session in order to balance the numbers.

Each warm-up session is 15-minutes in length. By prior agreement with the coaches, the first 10-minutes of each session will be for **general** warm-up; the last 5-minutes will be for **sprint** or one-way swim starting from the deep end. There may be no diving during the first 10 minutes. Safety Marshalls will be on deck - and we will have an Official available to assist in the transition from 'general' to 'sprint' periods.

The pool will be open for warm-up/down during the break following the Butterfly events and after awards at the end of the meet.

Be sure to notify all swimmers and parents of the scheduled times for your team! There will NOT be any time just prior to the start of the meet for warm-up by any swimmer not present for your scheduled session. This schedule is being sent to all Coaches and Team Reps, and will be posted on the Championships page of the SSL website.

Please let us know if you have any questions.

Saturday, Wedgewood

7:30 am - Drummond Hill, Oaklands, Yorklyn

7:45 am - Persimmon Creek, Maple Valley, Northstar, Westminster

8:00 am - Arundel, Crestmoor, Fairfield, Nottingham, Western Y

8:15 am - Oakwood Valley, Penn Acres, Sherwood Park, Skyline, Wedgewood

The meet starts at 9:00 am. We do have a swim-off to conduct at the conclusion of warm-ups.

Good luck tomorrow. Thank you for a great week so far.

Kent...



SSL - Championships Warm-up Schedule

Pool: **Western YMCA**

Sat

Date: **7/20/2024**

lanes: **9** Lanes 0 thru 8

Swimmers entered: **487**

Swimmers each period : **122** (goal)

Swimmers each lane : **14** (goal)

<u>Warm-up</u>	<u>Warm-up Lane(s)</u>	<u># of swimmers entered</u>
<u>7:30-7:45 a.m.</u>		
Drummond Hill	Lanes 0, 1 & Share Lane 2	31
Yorklyn	Share Lane 2, & all of Lanes 3, 4, 5	52
Oaklands	Lanes 6, 7, 8	43
<u>7:45-8:00 a.m.</u>		
Persimmon Creek	Lanes 0, 1	28
Maple Valley	Lane 2	15
North Star	Lanes 3, 4, 5, 6	51
Westminster	Lanes 7, 8	24
<u>8:00-8:15 a.m.</u>		
Western Y	Lanes 0, 1, Share Lane 2	35
Arundel	Share Lane 2	7
Fairfield	Lanes 3, 4	24
Nottingham	Lanes 5, 6, 7	45
Crestmoor	Lane 8	9
<u>8:15-8:30 a.m.</u>		
Penn Acres	Share Lane 0	5
Skyline	Share Lane 0 & all of Lanes 1, 2	31
Wedgewood	Lanes 3, 4, 5, 6	60
Sherwood Park	Lane 7, and Share Lane 8	17
Oakwood Valley	Share Lane 8	10

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