

SSL - Championships Warm-up Schedule

Sat

Pool: **Western YMCA**

Date: **7/19/2025**

lanes: **9** Lanes 0 thru 8

Swimmers entered: **468**

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

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

Warm-up	Warm-up Lane(s)	# of swimmers entered
<u>Warm-up 7:30-7:45 a.m.</u>		
Persimmon Creek	Lanes 0 & share Lane 1	23
Maple Valley	Share Lane 1 & all of Lane 2	17
North Star	Lanes 3 thru 6	55
Drummond Hill	Lanes 7 & 8	25
<u>Warm-up 7:45-8:00 a.m.</u>		
Western Y	Lanes 0, 1, and share Lane 2	31
Arundel	Share Lane 2	8
Fairfield	Lane 3 and share Lane 4	19
Nottingham	Share Lane 4 & all of Lanes 5, 6, 7	50
Crestmoor	Lane 8	12
<u>Warm-up 8:00-8:15 a.m.</u>		
Penn Acres	Share Lane 0	5
Skyline	Share Lane 0 & all of Lanes 1, 2	23
Wedgewood	Lanes 3 thru 7	65
Sherwood Park	Share Lane 8	9
Oakwood Valley	Share Lane 8	5
<u>Warm-up 8:15-8:30 a.m.</u>		
Westminster	Lanes 0 & share Lane 1	20
Oaklands	Share Lane 1 & all of Lanes 2 thru 4	49
Yorklyn	Lanes 5 thru 8	52

General Warm-up for first 10 minutes; 'Sprints' across all lanes for last 5 minutes.
Lane 9 (next to scorers table) is to remain CLOSED

Warm-ups during the Butterfly Break	
Session 1 - 10 minutes	Session 2 - 10 minutes
Arundel	Drummond Hill
Crestmoor	Maple Valley
Fairfield	North Star
Oaklands	Nottingham
Penn Acres	Oakwood Valley
Skyline	Persimmon Creek
Wedgewood	Sherwood Park
Yorklyn	Western Y
	Westminster

We will try splitting up the Butterfly Break warm-up into two sessions. Let's see how this goes.