

# SSL - Time Trials Warm-up Schedule

Pool: **Maple Valley**

Date: **7/15/2025**

Age: 11-12

# lanes: **5** Tue

Swimmers entered: **159**

Swimmers each period : **40** (goal)

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

## REVISED

	Warm-up Lane(s)	# of swimmers
<b><u>Warm-up 4:15-4:30</u></b>		
Nottingham	Lane 1 & share Lane 2	14
Oakwood Valley	Share Lane 2	1
Oaklands	Share Lane 3	5
Arundel	Share Lane 3	3
Maple Valley	Lane 4 & Share Lane 5	9
Westminster	Share Lane 5	4
<b><u>Warm-up 4:30- 4:45</u></b>		
Sherwood Park	Lane 1	8
Wedgewood	Lanes 2, 3, & 4	24
Drummond Hill	Lane 5	10
<b><u>Warm-up 4:45-5:00</u></b>		
Western Y	Lanes 1 & share Lane 2	11
Fairfield	Share Lane 2 & all of Lane 3	12
Penn Acres	Share Lane 4	2
Yorklyn	Share Lane 4 & all of Lane 5	15
<b><u>Warm-up 5:00-5:15</u></b>		
Persimmon Crk	Lane 1 & share Lane 2	12
North Star	Share Lane 2 & all of Lane 3	12
Crestmoor	Lane 4	7
Skyline	Lane 5	10

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