

SSL TT Warm-ups

COACHES / REPS:

Here are the Warm-up times for the 2024 SSL Time Trials which begin this Sunday. **NOTE THAT THE TIMES FOR YOUR TEAM MAY BE DIFFERENT ON EACH DAY !**

Based on the number of entered 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 but, several teams may have been moved to another session in order to balance the numbers. Lane assignments for each session will be available at each respective pool - and may be included in the Coach packet at each session.

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.

Note that there are five warm-up sessions for the 9-12 swimmers on Sunday - and four sessions on each of the subsequent days. The pool will be open for warm-up/down during the usual 'break' following the Butterfly events at each session. There will be an additional 10-minute break for warm-up/down at the Sunday session following the Ind Medley events. Note that a 'sprint' lane may NOT be available during the break at all sessions.

The larger teams at each session have been assigned more than one lane; the smaller teams may be assigned to share a single lane. In some cases, a team may have a sole lane and assigned another shared lane.

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.

REMINDER: Each TT day has different start times:

	Sunday Penn Acres	Monday Oakwood Valley	Tuesday Nottingham
First Warm-up	2:15	3:15	4:15
Coach Meeting	3:15	4:00	5:00
Meet Start	3:45	4:30	5:30
Estimated Meet End	8:03	8:57	8:46

Please let us know if you have any questions.

SSL - Time Trials Warm-up Schedule

Pool: **Oakwood Valley**

Date: **7/15/2024**

Age: 13-18

lanes: **6**

Mon

Swimmers entered: **306**

Swimmers each period : **77 (goal)**

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

3:15-3:30	Warm-up Lane(s)	# of swimmers entered
<u>Warm-up 4:15-4:30</u>		
Arundel	Lanes 1 and Share Lane 2	17
Maple Valley	Share Lane 2	9
North Star	Lanes 3, 4 & share Lane 5	31
Skyline	Share Lane 5 & all of Lane 6	20
3:30-3:45		
<u>Warm-up 4:30-4:45</u>		
Drummond Hill	Lane 1	16
Western Y	Lane 2	13
Persimmon Creek	Lane 3 & share Lane 4	17
Nottingham	Share Lane 4 & all of Lane 5	20
Oakwood Valley	Lane 6	11
3:45-4:00		
<u>Warm-up 4:45-5:00</u>		
Wedgewood	Lanes 1 thru 4	56
Crestmoor	Lane 5	9
Sherwood Park	Lane 6	9
4:00-4:15		
<u>Warm-up 5:00-5:15</u>		
Fairfield	Lane 1	15
Oaklands	Lanes 2, 3, & share Lane 4	31
Yorklyn	Share Lane 4 & all of Lane 5	16
Westminster	Share Lane 6	9
Penn Acres	Share Lane 6	7

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