

SSL - Time Trials Warm-up Schedule

Pool: **Crestmore**
Age: 9-10

Date: **7/14/2025**
Mon

lanes: **5**
Swimmers entered: **181**
Swimmers each period : **45** (goal)
Swimmers each lane : **10** (goal)

REVISED

	Warm-up Lane(s)	# of swimmers entered
<u>Warm-up 4:15-4:30</u>		
Yorklyn	Lanes 1 & 2	20
Fairfield	Lane 3	9
Wedgewood	Lane 4 & Share Lane 5	13
Maple Valley	Share Lane 5	6
<u>Warm-up 4:30- 4:45</u>		
Drummond Hill	Share Lane 1	7
Western Y	Share Lane 1 & all of Lane 2	12
Arundel	Share Lane 3	6
Crestmoor	Share Lane 3	4
North Star	Lanes 4 & 5	17
<u>Warm-up 4:45-5:00</u>		
Skyline	Lanes 1 & Share Lane 2	15
Penn Acres	Share Lane 2	4
Nottingham Green	Lanes 3 & 4	18
Oakwood Valley	Lane 5	8
<u>Warm-up 5:00-5:15</u>		
Oaklands	Lanes 1 & 2	18
Persimmon Creek	Lane 3	9
Sherwood Park	Share Lane 4	3
Westminster	Share Lane 4 & all of Lane 5	12

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