

SSL - Championships Warm-up Schedule

Sat

Pool: **Western YMCA**

Date: **7/18/2026**

lanes: **9** Lanes 0 thru 8

Swimmers entered: **465**

Swimmers each period : **116** (goal)

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

<u>Warm-up 7:30-7:45 a.m.</u>	Warm-up Lane(s)	# of swimmers entered
Western Y	lanes 0,1,2	37
Arundel	share lane 3	8
Oakwood Valley	share lane 3 share lane 4	8
Fairfield	share lane 4 all of lane 5	19
Nottingham	lane 6, 7, 8	44

<u>Warm-up 7:45-8:00 a.m.</u>		
Skyline	lane 0 share lane 1	18
Sherwood Park	share lane 1	9
Penn Acres	share lane 2	2
Wedgewood	Share lane 2 all of lanes 3, 4, 5, 6, 7	69
Crestmoor	lane 8	13

<u>Warm-up 8:00-8:15 a.m.</u>		
Drummond Hill	lanes 0, 1	26
Yorklyn	lanes 2, 3, 4, 5	50
Oaklands	lanes 6, 7, 8	38

<u>Warm-up 8:15-8:30 a.m.</u>		
Persimmon Creek	lanes 0, 1	24
Maple Valley	lane 2 share lane 3	17
Westminster	share lane 3 all of lane 4	22
North Star	lanes 5, 6, 7, 8	61

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