

2013 SSL TIME TRIALS and CHAMPIONSHIPS SCHEDULE

TIME TRIALS

Sunday	July 14:	13 and Over	at Drummond Hill
Monday	July 15:	11 - 12	at Nottingham Green
Tuesday	July 16:	9 - 10	at Fairfield (w/Maple Valley)
Wednesday	July 17:	8 & Under	at Penn Acres

CHAMPIONSHIPS

Saturday July 20: at Western Y

Rain Date:

Thursday	July 18	Time Trials
Sunday	July 21	Championships

TIME TRIALS - WARM-UP SCHEDULE

Sunday only

Time Trials start at 3:45 p.m.

2:15-2:30 p.m. ***Teams will be assigned to a specific warm-up period after entries are processed. Teams will be notified no later than Thursday of their warm-up period. The first 10-min of each period will be for general warm-up in all lanes, followed by a 5-min Sprint warm-up for all lanes.***

2:30-2:45 p.m.

2:45-3:00 p.m.

3:00-3:15 p.m.

3:15-3:30 p.m.

3:15 p.m.	Coach Meeting
3:15 p.m.	Officials Meeting
3:45 p.m.	Meet Start

Group A	TBD
Group B	TBD
Group C	TBD
Group D	TBD
Group E	TBD

Each Club will be assigned one or two lanes at each warm-up period. Coaches are responsible for their lanes. The last 5-minutes of each period will be for 'sprints' across all lanes.

Clubs will be notified of their specific Warm-up period no later than Thursday.

Monday, Tuesday, Wednesday only

Time Trials start at 5:30 p.m.

	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>
4:20-4:35 p.m.	Group J	Group K	Group L	Group M
4:35-4:50 p.m.	Group K	Group L	Group M	Group J
4:50-5:05 p.m.	Group L	Group M	Group J	Group K
5:05-5:20 p.m.	Group M	Group J	Group K	Group L

5:00 p.m.	Coach meeting
5:00 p.m.	Officials Meeting
5:30 p.m.	Meet Start

Group J	Maple Valley, Oakwood Valley, Skyline, Yorklyn, Hockessin Athletic Club
Group K	Crestmoor, Drummond Hill, Penn Acres, Delaware Bluefish, Western Y
Group L	Arundel, Fairfield, Kennett Y, Nottingham Green, Sherwood Park, Wedgewood
Group M	Bear-Glasgow Y, North Star, Oaklands, Persimmon Creek, Valleybrook, Westminster

Teams are assigned to a specific warm-up period. Lane assignments during each warm-up period will be made at the Time Trial depending on the number of swimmers entered from each Team.

Lane 1 (or 6) is a sprint lane - enter pool at starting end, swim to opposite end; leave pool and walk back to start.

In successive years, each 'Group' will advance to the next earlier time slot.

CHAMPIONSHIPS – WARM-UP SCHEDULE

Warm-up Schedule

	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>
7:30-7:45 a.m.	Group P	Group Q	Group R	Group S
7:45-8:00 a.m.	Group Q	Group R	Group S	Group P
8:00-8:15 a.m.	Group R	Group S	Group P	Group Q
8:15-8:30 a.m.	Group S	Group P	Group Q	Group R

A Sprint lane will remain open until 8:45 a.m.

8:30 a.m.	Scratch Meeting
8:30 a.m.	Officials Meeting
9:00 a.m.	CHAMPIONSHIPS Start

Group P	Arundel, Maple Valley, North Star, Westminster, Western Y
Group Q	Fairfield, Nottingham Green, Sherwood Park, Valleybrook, Hockessin Athletic Club
Group R	Drummond Hill, Oaklands, Penn Acres, Skyline, Delaware Bluefish, Wedgewood
Group S	Bear-Glasgow Y, Crestmoor, Kennett Y, Oakwood Valley, Persimmon Creek, Yorklyn

Specific lane assignments will be made at Championships based on the number of participating swimmers from each Team.

Lanes 0 and 1 will be a sprint lanes - enter pool at starting end, swim to opposite end; leave pool and walk back to start.

In successive years, each 'Group' will advance to the next earlier time slot.