

## 2010 SSL TIME TRIALS and CHAMPIONSHIPS SCHEDULE

### TIME TRIALS

Sunday	July 18:	13 and Over	at Oakwood Valley
Monday	July 19:	11-12	at Persimmon Creek
Tuesday	July 20:	9 - 10	at Nottingham Green
Wednesday	July 21:	8 & Under	at Penn Acres

### CHAMPIONSHIPS

Saturday	July 24:	at Western Y
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#### Rain Date:

Thursday	July 22	Time Trials
Sunday	July 25	Championships

## TIME TRIALS WARM-UP SCHEDULE

Sunday only

Time Trials start at 3:45 p.m.

	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>
2:30-2:50 p.m.	Group B	Group C	Group A	Group B
2:50-3:10 p.m.	Group C	Group A	Group B	Group C
3:10-3:30 p.m.	Group A	Group B	Group C	Group A
3:15 p.m.	Scratch Meeting			
3:15 p.m.	Officials Meeting			
3:45 p.m.	Meet Start			

Group A Crestmoor, Glasgow Pines, North Star, Oakwood Valley, Penn Acres, Sherwood Park, Wedgewood, Western Y

Group B Drummond Hill, Kennett Y, Nottingham Green, Persimmon Creek, Delaware Bluefish, Valleybrook, Hockessin Athletic Club

Group C Arundel, Fairfield, Maple Valley, Oaklands, Skyline, Westminster, Yorklyn

There shall be no specific lane assignments. Lane 1 (or 6) is a sprint lane - enter pool at starting end, swim to opposite end; leave pool and walk back to start. Lanes 2-6 (or 1-5) are for general warm-up.

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

## TIME TRIALS WARM-UP SCHEDULE

Monday, Tuesday, Wednesday only

Time Trials start at 5:30 p.m.

	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</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	Goupr J	Group K	Group L
5:00 p.m.	Scratch 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	Glasgow Pines, 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 - SCHEDULE

### Warm-up Schedule

	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</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, Glasgow Pines, 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	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.

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