

2024 SUBURBAN LEAGUE CHAMPIONSHIPS WARM-UP SCHEDULE

FRIDAY August 2nd Diving and SATURDAY August 3rd Swimming

FRIDAY August 2nd, DIVING – Schenectady High School

WARM-UPS all divers 4:00PM TO 5:15PM Meet 5:30PM

Please be ready 15 minutes before warm-up time.
Please Clear the board when directed to do so.

SATURDAY, August 3rd, SWIMMING - SHENENDEHOWA

Session 1 - 200'S AND IM'S

WARM-UPS 7:00AM TO 8:00AM ... Positive Check in by 7:30AM

SESSION 1 BEGINS 8:00AM

Session 2 - SWIMMING

**Based on meet entries and timeline,
warmups and Session 2 will start a little earlier than originally planned.
We will be splitting warmups as follows;**

9:30 to 10:00

AJCC, BARC, DELM, JJSC, KNOS, NTP, ROTT, BLUE, USAM

10:00-10:30

SARY, CDY, SCDY

SESSION 2 BEGINS 10:30AM
