

2023 SUBURBAN LEAGUE CHAMPIONSHIPS WARM-UP SCHEDULE

WEDNESDAY July 26th Diving and SATURDAY July 29th Swimming

WEDNESDAY, July 26th , DIVING – Schenectady JCC
Raindate, Thursday July 27th

WARM-UPS all divers 4:30PM TO 5:45PM Meet 6:00PM

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

Required Dive 12&Under - TBD
Required Dive 13&Over - TBD

SATURDAY, July 29th, 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

WARM-UPS 9:45AM TO 10:45AM

SESSION 2 BEGINS 10:45AM
