

2025 SUBURBAN LEAGUE CHAMPIONSHIPS WARM-UP SCHEDULE

FRIDAY August 1st Diving and SATURDAY August 2nd Swimming

FRIDAY August 1st, DIVING – Schenectady High School

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

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

SATURDAY, August 2nd, 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
