

2026 SUBURBAN LEAGUE CHAMPIONSHIPS WARM-UP SCHEDULE

THURSDAY July 23rd Diving and SATURDAY July 25th Swimming

THURSDAY July 23rd, DIVING – Mohonasen 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, July 25th, 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

We will be splitting team's warmups for Session 2 as follows;

**9:30 to 10:00
TBD**

**10:00-10:30
TBD**

SESSION 2 BEGINS 10:30AM
