

ABE Suburban Swim League Championships Schedule 2019

0630 Gates open

0645 Warmups

Group 1-0645-700

Lane 1-Westwood Heights

Lane 2-Saucon Valley Country Club

Lane 3-Stonecrest

Lane 4-Northwest

Lane 5-Stones Crossing

Lane 6-Trident

Group 2-0715-0745

Lane 1-Alburtis

Lane 2-Kaybrook Green Hills

Lane 3-Lehigh Country Club

Lane 4-Brookside Country Club

Lane 5-Northampton

Lane 6-Orchard View

0800 Session 1 – Part 1 begins

#5 Girls 13 & Over Medley Relay

#6 Boys 13 & Over Medley Relay

#7 Girls 13-14 50 Meter Freestyle

#8 Boys 13-14 50 Meter Freestyle

#9 Girls 15-18 100 Meter Freestyle

#10 Boys 15-18 100 Meter Freestyle

#11 Girls 13-14 50 Meter Butterfly

#12 Boys 13-14 50 Meter Butterfly

#13 Girls 15-18 50 Meter Butterfly

#14 Boys 15-18 50 Meter Butterfly

#15 Girls 13-14 100 Meter Individual Medley

#16 Boys 13-14 100 Meter Individual Medley

#17 Girls 15-18 100 Meter Individual Medley

#18 Boys 15-18 100 Meter Individual Medley

0945 Warmup break-Follow schedule above, 10 min each group (for 20 mins)

1005 Session 1 – Part 2 begins

#19 Girls 13-14 50 Meter Backstroke

#20 Boys 13-14 50 Meter Backstroke

#21 Girls 15-18 50 Meter Backstroke

#22 Boys 15-18 50 Meter Backstroke

#23 Girls 13-14 50 Meter Breaststroke

#24 Boys 13-14 50 Meter Breaststroke

#25 Girls 15-18 50 Meter Breaststroke

#26 Boys 15-18 50 Meter Breaststroke

1100 Crescendo warmup, 15 min (Group 1&2 lanes together)

1115 Crescendo relays

#27 Girls 6-18 200 Meter Freestyle Crescendo Relay

#28 Boys 6-18 200 Meter Freestyle Crescendo Relay

1130 Coach Warmups (Group 1&2 lanes together)

1145 Coach Relays

1200 Warmups-Follow schedule above, 20 min each group (for 40 mins)

1245 Session 2 – Part 1 begins

- #29 Girls 12 & Under 200 Medley Relay
- #30 Boys 12 & Under 200 Medley Relay
- #31 Girls 8 & Under 25 Meter Freestyle
- #32 Boys 8 & Under 25 Meter Freestyle
- #33 Girls 9 & 10 50 Meter Freestyle
- #34 Boys 9 & 10 50 Meter Freestyle
- #35 Girls 11-12 50 Meter Freestyle
- #36 Boys 11-12 50 Meter Freestyle
- #37 Girls 8 & Under 25 Meter Butterfly
- #38 Boys 8 & Under 25 Meter Butterfly
- #39 Girls 9-10 25 Meter Butterfly
- #40 Boys 9-10 25 Meter Butterfly
- #41 Girls 11-12 50 Meter Butterfly
- #42 Boys 11-12 50 Meter Butterfly
- #43 Girls 12 & Under 100 Meter Individual Medley
- #44 Boys 12 & Under 100 Meter Individual Medley

1435 Warmup break-Follow schedule above, 10 min each group (for 20 mins)

1455 Session 2 – Part 2 begins

- #45 Girls 8 & Under 25 Meter Backstroke
- #46 Boys 8 & Under 25 Meter Backstroke
- #47 Girls 9-10 25 Meter Backstroke
- #48 Boys 9-10 25 Meter Backstroke
- #49 Girls 11-12 50 Meter Backstroke
- #50 Boys 11-12 50 Meter Backstroke
- #51 Girls 8 & Under 25 Meter Breaststroke
- #52 Boys 8 & Under 25 Meter Breaststroke
- #53 Girls 9-10 25 Meter Breaststroke
- #54 Boys 9-10 25 Meter Breaststroke
- #55 Girls 11-12 50 Meter Breaststroke
- #56 Boys 11-12 50 Meter Breaststroke

1615 Finish and call for car raffle