

2021 ABE Suburban Swim and Diving League Championship Schedule

Morning Session (DRAFT)

0630 Gates Open

0645 Warmups

Group 1: 0645-0715

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 – Alburdis

Lane 2 – Kaybrook Green Hills

Lane 3 – Lehigh Country Club

Lane 4 – Brookside Country Club

Lane 5 – Orchard View

Lane 6 – ?

0800 Session 1 – Part 1 Begins

#5 Girls 13 & Over 200 Meter Medley Relay

#6 Boys 13 & Over 200 Meter 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, Call for 50/50 Raffle

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Afternoon Session (DRAFT)

1200 Warmups – Follow Schedule above, 20 min each group (for 40 mins)

1245 Session 2 – Part 1 Begins

- #29 Girls 12 & Under 200 Meter Medley Relay**
- #30 Boys 12 & Under 200 Meter 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, Call for 50/50 Raffle, Basket Raffle Drawing, and Awards