

Warm-up Friday Night Session

1650 Free warm-up will be open 5:00 pm to 5:30 pm Miles will Start at 5:35 pm

Warm-up Saturday Boys Session

1st W-up 8:00-8:30 am Meet Starts 9:05 am	Lane	2nd W-up 8:30-9:00 am Meet Starts 9:05 am
SVY	1	ESC
SVY	2	ESC
LHY	3	HACY & EEX
LHY & HCY	4	RY & WAVE
CAT	5	PTAC & TAC
PPST & SHY	6	RANY & NJRC
MCSC & WW	7	NJW & BB & SAC
BWTD & CCC	8	SDSC & TWST

Warm-up Saturday Girls Session

1st W-up 11:30 - 12:00 am Meet Starts 12:35 pm	Lane	2nd W-up 12:00-12:30 pm Meet Starts 12:35 pm
LHY	1	ESC
LHY & JFAC	2	ESC & CCC
CAT	3	SVY
CAT & XCEL	4	SVY & PTAC
PPST & RANY	5	HACY & MCSC
SHY	6	BB & NJRC
RY & NJW	7	BWTD & EEX
TAC & SDSC	8	SAC & TWST & HCY

Girls 1000 Free Warm-ups

Warm-up will begin at 3:00 pm and the event will start no earlier than 3:30 pm

Warm-up Sunday Girls Session

1st W-up 8:00-8:30 am Meet Starts 9:05 am	Lane	1st W-up 8:30-9:00 am Meet Starts 9:05 am
LHY	1	ESC
LHY & JFAC	2	ESC & CCC
CAT	3	SVY
CAT	4	SVY & PTAC
PPST & RANY	5	HACY & MCSC
SHY	6	BB & NJRC
RY & NJW	7	BWTD & EEX
TAC & SDSC	8	TWST & HCY

Warm-up Sunday Boys Session

1st W-up 11:30 - 12:00 am Meet Starts 12:35 pm	Lane	2nd W-up 12:00-12:30 pm Meet Starts 12:35 pm
SVY	1	ESC
SVY	2	ESC
LHY	3	HACY & EEX
LHY & HCY	4	RY & WAVE
CAT	5	PTAC & TAC
PPST & SHY	6	RANY & NJRC
MCSC	7	NJW & BB
BWTD & CCC	8	SDSC & TWST

Boys 1000 Free Warm-ups

Warm-up will begin at 2:45 pm and the event will start no earlier than 3:15 pm

Last 10 minutes of each warm-up

Lanes 7 & 2 will be designated for starts

Lanes 1 & 8 will be designated for Pace

Lanes 3 thru 6 will be designated for general warm-up

Lane Timing Assignments

Lane Timing Assignments

Sat Boys Session		Sat Girls Session		Sun Girls Session		Sun Boys Session	
Lane	Team	Lane	Team	Lane	Team	Lane	Team
1	LHY	1	PTAC	1	NJRC	1	NJW
2	RANY	2	SHY	2	RANY	2	RY
3	ESC	3	RY	3	TAC	3	MCSC
4	SVY	4	LHY	4	SVY	4	TAC
5	CAT	5	CAT	5	SHY	5	TWST
6	SDSC	6	MCSC	6	CCC	6	BWTD
7	SHY	7	EEX	7	HACY	7	EEX
8	HACY	8	ESC	8	BB	8	HCY

Meet Notes

Friday Night session warm-up begins at 5:00 pm! Swimmers will be allowed on deck at 4:55 pm on Friday, No earlier!

Saturday & Sunday the building will open at 7:45 am. No Earlier!

The deck space behind the blocks is limited. Please do not line up too early for the 2nd warm up so the first warm up is able to get their starts completed without extra congestion.

For Saturday and Sunday, the gym is reserved for the swimmers to allow for spectators to be in the bleachers on the pool deck. All swimmer's bags and other belongings must remain in the gym. We encourage swimmers to be on deck to cheer, however, please have them be courteous of spectators.

Finals will be a true final, The top 24 swimmers in each event will be brought back at night. We will march out the top heat and announce them at the blocks. The B & C Final will not walk out (report directly to the blocks for your event) and will be announced while they are in the water. We will do awards for the top 8 after each round of events, so please have your swimmers ready so we can keep the meet moving. Awards podium is located under the score board.