

2023 NJS/Scarlet 11 & Over Gold Championships March 17th-19th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
1	Friday Prelims	7:45am	8:30am	9:05am
2	Friday Distance	11:30am	11:30am	12:00pm
3	Friday 11-12	1:30pm	1:50pm	2:25pm
4	Friday Finals	4:30pm	4:45pm†	5:15pm
5	Saturday Prelims	7:45am	8:30am	9:05am
6	Saturday 500 Free Prelims	11:05am	11:25am	12:00pm
7	Saturday 11-12	1:35pm	1:55pm	2:30pm
8	Saturday Finals	4:30pm	4:45pm†	5:15pm
9	Sunday Prelims	7:30am	8:15am	8:50am
10	Sunday Distance	11:30am	11:30am	12:00pm
11	Sunday 11-12	1:45pm	2:05pm	2:40pm
12	Sunday Finals	5:15pm	5:30pm†	6:00pm

† Relay Check-In

Pool Assignments for Prelims & Distance

Friday	Women: Main Pool	Men: Dive Pool
Saturday	Women: Dive Pool	Men: Main Pool
Sunday	Women: Main Pool	Men: Dive Pool

11-12 Sessions in main pool all three days



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Warm-up Schedule

Friday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
7:45am	LT	LT	LT	LT	LT	XCEL	XCEL	XCEL/RSA
8:10am	GMNY	GMNY	GMNY	GMNY	GMNY/CBGC	STAC	STAC	OCY/GSCY/LHY
8:35am	CAT	CAT	CAT	CAT	NJRC	NJRC	WW	WW

	Dive 1	Dive 2	Dive 3	Dive 5	Dive 5	Dive 6	Dive 7	Dive 8
7:45am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
8:10am	JFAC	JFAC	JFAC	JFAC/JG	PAA	PAA/CJAC	BB	BB
8:35am	ALL OTHERS	PTAC	PTAC/TAC	WY/EEX	HCY/SWST	HACY/NJB/ SCY	ACE/BAC/ EAG	STAR/BGH/ NJBL

Friday Distance

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
11:30am	ALL WOMEN							

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
11:30am	ALL MEN							

Friday Age Group

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:30pm	SCAR	SCAR	SCAR	SCAR	LT	LT	LT	LT
1:55pm	JFAC	JFAC/PAA	LHY	LHY/NJB	RSA/CBGC	BB/STAC	BWTD/SCY	HACY/WW

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:30pm	XCEL	GMNY	GMNY	GSCY	GSCY	NJRC	NJRC	NJRC
1:55pm	ALL OTHERS					WY/CJAC	NJBL/OCY	PTAC/SWST



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Warm-up Schedule

Saturday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
7:45am	JFAC	JFAC	JFAC	JFAC/TAC	WW	WW	PAA	PAA/NJBL
8:10am	XCEL	XCEL	BB	BB/MB	PTAC	CBGC/EAG	BAC/BGH	EEX/CJAC
8:35am	STAC	STAC	JG/STAR	RSA/ACE	WY/SWST	HACY/LHY	ALL OTHERS	

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
7:45am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
8:10am	LT	LT	LT	LT	LT	NJRC	NJRC	NJRC/NJB
8:35am	CAT	CAT	CAT	CAT	GMNY	GMNY	GMNY	GMNY/SCY

Saturday 500 Freestyle Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
11:05am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
11:30am	BB	BB	LT	LT	NJRC	NJRC	PTAC/RSA	BAC/HACY/WW

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
11:05am	EEX/CBGC	TAC	PAA	JFAC	XCEL	CAT	CAT	CAT
11:30am	ALL OTHERS		STAC	STAC	GMNY	GMNY	GMNY	WY/JG/MB

Saturday Age Group

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:35pm	NJRC	NJRC	NJRC/BWTD	JFAC	JFAC/CBGC	XCEL	XCEL/PAA	WW/TAC
2:00pm	GSCY	GSCY	GSCY	HACY/NJBL	STAC/PTAC	RANY/SCY	SWST/RVYM	RSA/OCY

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:35pm	LT	LT	LT	LT	SCAR	SCAR	SCAR	SCAR
2:00pm	ALL OTHERS		LHY	LHY	GMNY	GMNY	BB/HCY	WY/MB



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Warm-up Schedule

Sunday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
7:30am	STAC	STAC	STAC/ACE	NJRC	NJRC	NJRC/EEX	WW	WW
7:55am	CAT	CAT	CAT	CAT	GMNY	GMNY	GMNY	GMNY
8:15am	XCEL	XCEL	PAA	PAA	JG/NJBL	OCY/WY	SCY/CJAC/SWST	BAC/EAG/ACE

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
7:30am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
7:55am	WY/STAR	RSA/TAC	MB/LHY	LT	LT	LT	LT	LT
8:15am	<i>ALL OTHERS</i>	JFAC	JFAC/HCY	BB	BB/PTAC	PTAC	CBGC/BGH	HACY/NJB

Sunday Distance

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
11:30am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	CAT	CAT

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
11:30am	<i>ALL OTHERS</i>				LHY	XCEL	BB	LT

Sunday Age Group

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:45pm	SCAR	SCAR	SCAR	SCAR	SCAR	NJRC	NJRC	NJRC/PTAC
2:10pm	GSCY	GSCY	LHY	LHY	GMNY	GMNY	JFAC	RANY/MB

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:45pm	XCEL	WY/PPST	BB/STAC	PAA/OCY	LT	LT	LT	LT
2:10pm	<i>ALL OTHERS</i>				RSA/CBGC	WW/SWST	BWTD/HACY	NJBL/SCY



**2023 NJS/Scarlet 13 & Over Silver Championships
March 10th-12th**

Timing Assignments

Friday Prelims

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
LT	CAT	STAC	NJRC	BB	PTAC	CBGC	WY
Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
GMNY	JFAC	XCEL	WW	PAA	TAC	JG	RSA
<i>Alternates: WY, EEX, CJAC, LIFE</i>							

Friday Distance

All Lanes
<i>Swimmers provide their own timers & counters</i>

Friday Age Group

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
JFAC	LT	GSCY	GMNY	LHY	XCEL	PTAC	NJRC
<i>Alternates: BWTD, HACY, SCAR, LT</i>							

Friday Finals

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
BB	CAT	JFAC	LT	NJRC	WY	XCEL	EEX
<i>Alternates: NJB, SCAR, LT</i>							

Saturday Prelims

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
JFAC	STAC	XCEL	WW	PAA	JG	EEX	CBGC
Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
LT	CAT	GMNY	NJRC	BB	PTAC	CBGC	TAC
<i>Alternates: RSA, HACY, MB</i>							

Saturday 500 Freestyle Prelims

All Lanes
<i>Swimmers provide their own timers & counters</i>



**2023 NJS/Scarlet 13 & Over Silver Championships
March 10th-12th**

Timing Assignments

Saturday Age Group

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
GMNY	XCEL	NJRC	LT	JFAC	GSCY	BB	HACY
<i>Alternates: LHY, BWTD, LT</i>							

Saturday Finals

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
XCEL	WW	STAC	PAA	NJRC	LT	JFAC	CAT
<i>Alternates: PTAC, BB, LT</i>							

Sunday Prelims

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
LT	CAT	GMNY	NJRC	PAA	BB	PTAC	OCY
Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
STAC	WW	XCEL	JFAC	CBGC	HACY	JG	EEX
<i>Alternates: TAC, BGH MB</i>							

Sunday Distance

All Lanes							
<i>Swimmers provide their own timers & counters</i>							

Sunday Age Group

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
GSCY	BWTD	XCEL	PTAC	NJRC	LT	LHY	JFAC
<i>Alternates: HACY, SCAR, LT</i>							

Sunday Finals

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
PTAC	NJRC	STAC	CAT	WW	XCEL	PAA	BB
<i>Alternates: TAC, SCAR, LT</i>							

