

2022 BB Go for the Gold

Saturday-Sunday October 22nd-23rd

Meet Schedule

Day	Session	Age Group	Warm-Up	Check-In	Start	
Saturday	1	11-12	7:00am	7:20am	7:55am	Two Warm-Ups
Saturday	2	10 & Under	11:25am	11:35am	12:10pm	Two Warm-Ups
Saturday	3	13-19	2:45pm	3:30pm	4:05pm	Three Warm-Ups
Saturday	4	500 freestyle	**	7:00pm	**	**
Sunday	5	11-12	7:00am	7:20am	7:55am	Two Warm-Ups
Sunday	6	10 & Under	10:50am	11:00am	11:35am	Two Warm-Ups
Sunday	7	13-19	2:00pm	2:45pm	3:20pm	Three Warm-Ups
Sunday	8	400 IM	**	6:00pm	**	**

**** 10 Minute warm-up at the end of the main 13-19 session**



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Warm-Up Schedule

Saturday 11-12

	L1	L2	L3	L4	L5	L6
7:00am	STAC	STAC	STAC	STAC/NJBL	NJBL/MB	RSA
7:25am	LIFE	LIFE	LIFE	LIFE/BB	BB	BB

Saturday 10 & Under

	L1	L2	L3	L4	L5	L6
11:25am	LIFE	LIFE	LIFE	LIFE	STAC	STAC
11:45am	STAC	STAC	STAC	BB	BB/NJBL/RSA	

Saturday 13-19

	L1	L2	L3	L4	L5	L6
2:45pm	STAC	STAC	STAC	STAC	MB	MB
3:10pm	STAC	STAC	STAC	LIFE	LIFE	LIFE
3:35pm	BB	BB	BB/NJBL	NJBL	RSA	RSA

Sunday 11-12

	L1	L2	L3	L4	L5	L6
7:00am	LIFE	LIFE	LIFE	LIFE/MDY	STAC	STAC
7:25am	STAC	STAC	BB	BB	BB/NJBL	RSA

Sunday 10 & Under

	L1	L2	L3	L4	L5	L6
10:50am	STAC	STAC	STAC	STAC	STAC	RSA
11:10am	LIFE	LIFE	LIFE	BB	MDY	NJBL

Sunday 13-19

	L1	L2	L3	L4	L5	L6
2:00pm	STAC	STAC	STAC	LIFE	LIFE	LIFE
2:25pm	STAC	STAC	STAC	NJBL	NJBL/RSA	RSA
2:50pm	STAC	STAC	BB	BB	BB	BB/MDY



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Timing Assignments

Session 1 – Saturday 11-12

L1	L2	L3	L4	L5	L6
STAC	STAC	STAC	LIFE	LIFE	RSA
<i>Alternates: MB, NJBL</i>					

Session 2 – Saturday 10 & Under

L1	L2	L3	L4	L5	L6
LIFE	LIFE	STAC	STAC	RSA	NJBL
<i>Alternates: STAC, LIFE</i>					

Session 3 – Saturday 13 & Over

L1	L2	L3	L4	L5	L6
STAC	STAC	LIFE	LIFE	MB	RSA
<i>Alternates: NJBL/STAC</i>					

Session 4 – Saturday 500 Freestyle

L1	L2	L3	L4	L5	L6
<i>Swimmers provide their own timers & counters</i>					

Session 5 – Sunday 11-12

L1	L2	L3	L4	L5	L6
STAC	STAC	STAC	LIFE	LIFE	LIFE
<i>Alternates: RVYM, HCY</i>					

Session 6 – Sunday 10 & Under

L1	L2	L3	L4	L5	L6
STAC	STAC	STAC	LIFE	LIFE	LIFE
<i>Alternates: RSA, MDY, NJBL</i>					

Session 7 – Sunday 13 & Over

L1	L2	L3	L4	L5	L6
STAC	STAC	STAC	LIFE	LIFE	NJBL
<i>Alternates: RSA, STAC, MDY</i>					

Session 8 – Sunday 400 IM

L1	L2	L3	L4	L5	L6
<i>Swimmers provide their own timers & counters</i>					

