

2023 BB Go for the Gold

Saturday-Sunday October 21-22

Meet Schedule

Day	Session	Age Group	Warm-Up	Check-In	Start	
Saturday	1	11-12	7:05am	7:25am	8:00am	Two Warm-Ups
Saturday	2	10 & Under	11:15am	11:25am	12:00pm	Two Warm-Ups
Saturday	3	13-19	3:00pm	3:45pm	4:20pm	Three Warm-Ups
Saturday	4	500 freestyle	**	7:00pm	**	**
Sunday	5	11-12	7:05am	7:25am	8:00am	Two Warm-Ups
Sunday	6	10 & Under	11:00am	11:30am	12:05pm	Three Warm-Ups
Sunday	7	13-19	3:30pm	4:10pm	4:45pm	Three Warm-Ups
Sunday	8	400 IM	**	7:00pm	**	**

**** 10 Minute warm-up at the end of the main 13-19 session for the distance event(s)**



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Warm-Up Schedule

Saturday 11-12

	L1	L2	L3	L4	L5	L6
7:05am	LIFE	LIFE	LIFE	BB	BB	RSA
7:30am	STAC	STAC	STAC	NJBL/STAR	BAC/TWST	MDY/CAT/ NJSD

Saturday 10 & Under

	L1	L2	L3	L4	L5	L6
11:15am	STAC	STAC	STAC/STAR	RSA/MDY	BB	BB/NJSD
11:35am	LIFE	LIFE	LIFE	LIFE	LIFE/TWST	BAC/NJBL

Saturday 13-19

	L1	L2	L3	L4	L5	L6
3:00pm	BB	BB	BB	BB	STAR	LIFE
3:25pm	CAT	CAT	CAT	CAT	CAT	MDY/TWST
3:50pm	STAC	STAC	STAC	STAC	RSA/NJSD	NJBL/BAC

Sunday 11-12

	L1	L2	L3	L4	L5	L6
7:05am	STAC	STAC	STAC/MDY	BB	BB/CAT	RSA/NJSD
7:30am	LIFE	LIFE	LIFE/NJBL	RY	RY/TWST	STAR/BAC

Sunday 10 & Under

	L1	L2	L3	L4	L5	L6
11:00am	BB	BB	BB	RY	RY	RY/NJBL
11:20am	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE/MDY
11:40am	STAC	STAC	STAC	BAC	BAC/NJSD	RSA/STAR

Sunday 13-19

	L1	L2	L3	L4	L5	L6
3:30pm	BB	BB	BB	BB/NJBL	STAR	RSA/MDY
3:55pm	STAC	STAC	STAC	STAC/TWST	RY	RY/BAC
4:20pm	CAT	CAT	CAT	CAT	CAT/NJSD	LIFE



2023 BB Go for the Gold October 21- 22

Timing Assignments

Session 1 – Saturday 11-12

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

Session 2 – Saturday 10 & Under

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

Session 3 – Saturday 13 & Over

L1	L2	L3	L4	L5	L6
CAT	STAC	LIFE	RSA	STAR	NJBL
<i>Alternates: TWST, MDY, CAT</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	LIFE	RY	RSA	STAR	NJBL
<i>Alternates: BAC, MDY, TWST</i>					

Session 6 – Sunday 10 & Under

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

Session 7 – Sunday 13 & Over

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

Session 8 – Sunday 400 IM

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

