

2023 NJS/HACY Silver-Bronze Championships Region B

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Friday	Doors Open		10:00am	
1	Fri 400s	10:15am	10:25am	11:00am
2	Fri 10 & U Girls/11-12 Boys	12:45pm	1:05pm	1:40pm
3	Fri 11-12 Girls/10 & U Boys	4:20pm	4:40pm	5:15pm
Saturday	Doors Open		7:45am	
4	Sat 15 & Over	8:00am	8:30am	9:05am
5	Sat 13-14	12:00pm	12:30pm	1:05pm
6	Sat 10 & U Girls/11-12 Boys	4:10pm	4:30pm	5:05pm
Sunday	Doors Open		7:45am	
7	Sun 15 & Over	8:00am	8:30am	9:05am
8	Sun 13-14	11:40am	12:10pm	12:45pm
9	Sun 11-12 Girls/10 & U Boys	3:50pm	4:10pm	4:45pm



Warm-up Schedule

Session 1 – Friday 400s

	L1	L2	L3	L4	L5	L6	L7	L8
1015am	PAA	STAC	XCEL	RY/HACY	EEX/CJAC		<i>Others</i>	

Session 2 – Friday 10 & Under Girls/11-12 Boys

	L1	L2	L3	L4	L5	L6	L7	L8
12:45pm	PTAC	PTAC	STAC	STAC	GMNY	PAA	XCEL	WW/HACY
1:10pm	RY	RY	PPST	STAR	SWST/RSA	OCY/RVYM	<i>Others</i>	



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Warm-up Schedule

Session 3 – Friday 11-12 Girls/10 & Under Boys

	L1	L2	L3	L4	L5	L6	L7	L8
4:20pm	XCEL	XCEL/STAR	RY	RY/BGH	GMNY	GMNY/PPST	PAA	PAA/HACY
4:45pm	PTAC	PTAC	PTAC/RSA	STAC	STAC	STAC/UN /SWST	CJAC/TAC	WW/OCY

Session 4 – Saturday 15 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
8:00am	STAC	STAC	STAC/PPST	RY	RY/GMNY	PAA	WW	HACY
8:30am	PTAC	PTAC	RSA	RSA	XCEL/BGH	EEX/OCY	SWST/CJAC	<i>Others</i>

Swimmers in the 1500 freestyle must provide their own timers & counters

Session 5 – Saturday 13-14

	L1	L2	L3	L4	L5	L6	L7	L8
12:00pm	PTAC	PTAC	PTAC	PAA	PAA	XCEL	XCEL/EEX	HACY/APEX
12:30pm	STAC	STAC	RY	WW	GMNY	RSA/OCY	STAR/CJAC	<i>Others</i>

Swimmers in the 800 freestyle must provide their own timers & counters

Session 6 – Saturday 10 & Under Girls/11-12 Boys

	L1	L2	L3	L4	L5	L6	L7	L8
4:10pm	RY	RY	RY	PAA	XCEL	GMNY	WW	PPST/HACY
4:35pm	PTAC	PTAC	STAC	STAC	STAR/RSA	OCY/SWST	TAC/BGH	RVYM/CJAC



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Warm-up Schedule

Session 7 – Sunday 15 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
8:00am	STAC	STAC	STAC	RSA	RSA/RY	RY	PAA	HACY/CJAC
8:30am	PTAC	PTAC	PTAC/OCY	WW	XCEL/PPST	BGH/EEX	SWST/GMNY	<i>Others</i>

Swimmers in the 800 freestyle must provide their own timers & counters

Session 8 – Sunday 13-14

	L1	L2	L3	L4	L5	L6	L7	L8
11:40am	PTAC	PTAC	PTAC	PAA	PAA	STAC	STAC	HACY/STAR
12:10pm	XCEL	XCEL/RSA	RY	WW	GMNY/EEX	APEX/CJAC	OCY/RVYM	<i>Others</i>

Swimmers in the 1500 freestyle must provide their own timers & counters

Session 9 – Sunday 11-12 Girls/10 & Under Boys

	L1	L2	L3	L4	L5	L6	L7	L8
3:50pm	PTAC	PTAC	PTAC/BGH	XCEL	XCEL/CJAC	PAA	GMNY	STAR
4:15pm	STAC	STAC	STAC/PPST	RY	RY/SWST	WW/TAC	RSARVYM	OCY/HACY /UN



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Timing Assignments

Session 1 – Friday 400s

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers</i>							

Session 2 – Friday 10 & Under Girls/11-12 Boys

L1	L2	L3	L4	L5	L6	L7	L8
PTAC	PTAC	RY	STAC	GMNY	PAA	XCEL	WW
PPST	STAR	SWST	OCY	RVYM	TAC	HACY	HACY
<i>Alternates: STAC, PTAC,</i>							

Session 3 – Friday 11-12 Girls/10 & Under Boys

L1	L2	L3	L4	L5	L6	L7	L8
PTAC	STAC	STAC	XCEL	RY	GMNY	PAA	WW
CJAC	RSA	SWST	STAR	BGH	PPST	HACY	TAC
<i>Alternates: HACY, XCEL</i>							



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Timing Assignments

Session 4 – Saturday 15 & Over

L1	L2	L3	L4	L5	L6	L7	L8
STAC	PTAC	RSA	RSA	RY	PAA	WW	HACY
GMNY	XCEL	BGH	EEX	OCY	SWST	HACY	STAC
<i>Alternates: HACY, RY</i>							

Session 5 – Saturday 13-14

L1	L2	L3	L4	L5	L6	L7	L8
PTAC	STAC	PAA	PAA	XCEL	RY	WW	GMNY
HACY	RSA	STAR	CJAC	APEX	EEX	OCY	HACY
<i>Alternates: HACY, TAC</i>							

Session 6 – Saturday 10 & Under Girls/11-12 Boys

L1	L2	L3	L4	L5	L6	L7	L8
RY	PTAC	STAC	STAC	PAA	XCEL	GMNY	WW
PPST	STAR	HACY	OCY	RSA	SWST	RY	PTAC
<i>Alternates: HACY, RY</i>							



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Timing Assignments

Session 7 – Sunday 15 & Over

L1	L2	L3	L4	L5	L6	L7	L8
STAC	PTAC	RSA	RSA	RY	PAA	WW	HACY
HACY	BGH	EEX	SWST	HACY	STAC	PTAC	XCEL
<i>Alternates: HACY, PAA</i>							

Session 8 – Sunday 13-14

L1	L2	L3	L4	L5	L6	L7	L8
PTAC	PAA	STAC	XCEL	RY	RY	WW	GMNY
RSA	STAR	APEX	CJAC	HACY	EEX	OCY	HACY
<i>Alternates: HACY, PTAC</i>							

Session 9 – Sunday 11-12 Girls/10 & Under Boys

L1	L2	L3	L4	L5	L6	L7	L8
STAC	PTAC	PTAC	RY	XCEL	PAA	GMNY	STAR
WW	RSA	CJAC	SWST	PPST	BGH	TAC	STAC
<i>Alternates: HACY, RY</i>							

