

2023 MAY Bring The Heat Sunday June 4th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
	Doors Open		7:45am	
1	12 & Under	8:00am	8:20am	8:55am
2	Open 50s	11:55am	12:15pm	12:50pm
3	13 & Over	2:30pm	3:00pm	3:35pm

Warm-up Schedule

Session 1 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
8:00am	MAY	MAY/WEY	WY	WY/TWST	CBGC	CBGC	MYM	MYM
8:25am	GMNY	OCY	NJBL	EAG	SAY	SAY	RVYM/VINY	TWST/SCY/ NJB

Session 2 – Open 50s

	L1	L2	L3	L4	L5	L6	L7	L8
11:55am	Girls	Girls	Girls	Girls	Girls	Girls	Women	
	10 & U	10 & U	11-12	11-12	13-14	13-14	15 & Over	
12:20pm	Boys	Boys	Boys	Boys	Boys	Boys	Boys	Boys
	10 & U	10 & U	11-12	11-12	13-14	13-14	15 & Over	15 & Over

Session 3 – 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
2:30pm	MAY	MAY	MAY	MAY	WY	WY	OCY	OCY/VINY
3:00pm	EAG	EAG/NJB	CBGC	STAR/TWST	GMNY	SAY/WEY	MYM/SCY	RVYM/NJBL

Warm-Up updated Tuesday May 30th, 2023



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Timing Assignments

Session 1 – 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
SAY/SAY	WY/WY	MAY/MAY	CBGC/MYM	GMNY/OCY	NJBL/RVYM	EAG/WY	CBGC/SAY
<i>Alternates: WY, CBGC</i>							

Session 2 – Open 50s

L1	L2	L3	L4	L5	L6	L7	L8
WY/WY	OCY/OCY	MAY/MAY	WEY/WEY	CBGC/RVYM	EAG/TWST	STAR/SAY	GMNY/MYM
<i>Alternates: EAG, STAR</i>							

Session 3 – 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
MAY/MAY	WY/WY	OCY/OCY	EAG/SCY	CBGC/NJB	GMNY/TWST	SAY/STAR	MYM/RVYM
<i>Alternates: SAY, GMNY</i>							

Teams are also expected to provide marshals for their 12 & Under Swimmers:

**Up to 5 swimmers: 2, Up to 10 swimmers: 3, up to 20 swimmers: 4,
30 or more swimmers: 5.**

**Marshalls will make sure their swimmers are ready behind the blocks
or at the bulkhead for 50s.**

