

2023 NJS/SCAR 12 & Under Silver Championships Region B
February 25th-26th

Meet Schedule

Session	Agre Group	Warm-Up	Check-In	Start	
1	Saturday 10 & Under	8:00am	8:30am	9:05am	Three Warm-Ups
2	Saturday 12 & Under 500 Freestyle	12:00pm	12:00pm	12:30pm	One Warm-Up
3	Saturday 11-12	1:30pm	2:15pm	2:50pm	Three Warm-Ups
4	Sunday 10 & Under	8:00am	8:30am	9:05am	Three Warm-Ups
5	Sunday 11-12	12:15pm	1:00pm	1:35pm	Three Warm-Ups
6	Sunday 11-12 1650 Freestyle	†	1:45pm	†	One Warm-Up

† 20 Minute Warm-up after the end of the main session



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Warm-Up Schedule

Saturday 10 & Under

	L1	L2	L3	L4	L5	L6
8:00am	SCAR	SCAR	SCAR	SCAR	SCAR	JG/SCY
8:20am	SCAR	SCAR	SCAR	LIFE	LIFE	LIFE
8:40am	NJRC	NJRC	NJRC	NJRC	RSA/SWST	<i>Others</i>

Saturday 12 & Under 500 Freestyle

	L1	L2	L3	L4	L5	L6
12:00pm	<i>One Open Warm-up</i>					

Saturday 11-12

	L1	L2	L3	L4	L5	L6
1:30pm	SCAR	SCAR	SCAR	SCAR	RSA/HCY/SCY	
1:55pm	SCAR	SCAR	SCAR	SCAR	SWST/NJBL/JG/OCY	
2:20pm	LIFE	LIFE	LIFE/BWTD	NJRC	NJRC	NJRC

Sunday 10 & Under

	L1	L2	L3	L4	L5	L6
8:00am	SCAR	SCAR	SCAR	SCAR	SCAR	RSA/NJBL
8:20am	SCAR	SCAR	LIFE	LIFE	LIFE	LIFE/BAC
8:40am	NJRC	NJRC	NJRC	NJRC	SWST/OCY/SCY/JG	

Sunday 11-12

	L1	L2	L3	L4	L5	L6
12:15pm	SCAR	SCAR	SCAR	SCAR	RSA/JG	SCY/OCY
12:40pm	SCAR	SCAR	SCAR	NJRC	NJRC	NJRC/BWTD
1:05pm	LIFE	LIFE	LIFE	LIFE	SWST/NJBL/HCY	

Sunday 11-12 1650 Freestyle

	L1	L2	L3	L4	L5	L6
†	<i>One Open Warm-up</i>					

† 20 Minute Warm-up after the end of the main session



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Timing Assignments

One Timer from Host Team and one Timer From...

Saturday 10 & Under

L1	L2	L3	L4	L5	L6	Alt
NJRC	NJRC	LIFE	LIFE	JG	RSA	SCY/BAC

Saturday 12 & Under 500 Freestyle

L1	L2	L3	L4	L5	L6	Alt
<i>Swimmers provide their own timer & person to count</i>						

Saturday 11-12

L1	L2	L3	L4	L5	L6	Alt
LIFE	LIFE	NJRC	NJRC	RSA	HCY	SWST/BWTD

Sunday 10 & Under

L1	L2	L3	L4	L5	L6	Alt
LIFE	LIFE	NJRC	NJRC	JG	RSA	OCY/SCY

Sunday 11-12

L1	L2	L3	L4	L5	L6	Alt
LIFE	LIFE	NJRC	NJRC	RSA	SWST	BWTD/HCY

Sunday 11-12 1650 Freestyle

L1	L2	L3	L4	L5	L6	Alt
<i>Swimmers provide their own timer & person to count</i>						

