

# 2024 NJS/Scarlet Gold Championships

## March 14th-17th

### Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
<b>Thursday</b>		<b>Doors Open 4:00pm</b>		
1A	15 & Over 1650 Freestyle	4:15pm	<b>4:15pm</b>	4:50pm
1B	13-14 1650 Freestyle	‡	<b>6:15pm</b>	6:45pm**
<b>Friday</b>		<b>Doors Open 6:45am</b>		
2	Friday Prelims	7:00am	<b>7:30am</b>	8:05am
3	Friday Age Group	1:00pm	<b>1:20pm</b>	1:55pm
4	Friday Finals	6:00pm	<b>6:15pm†</b>	6:45pm
<b>Saturday</b>		<b>Doors Open 6:45am</b>		
5	Saturday Prelims	7:00am	<b>7:30am</b>	8:05am
6	Saturday Distance	‡	<b>11:25am</b>	12:00pm
7	Saturday 11-12	1:30pm	<b>1:55pm</b>	2:25pm
8	Saturday Finals	5:45pm	<b>6:00pm†</b>	6:30pm
<b>Sunday</b>		<b>Doors Open 7:45am</b>		
9	Sunday Prelims	8:00am	<b>8:30am</b>	9:05am
10	Sunday Distance	‡	<b>10:30am</b>	11:00am**
11	Sunday Age Group	12:30pm	<b>12:50pm</b>	1:25pm
12	Sunday Finals	5:15pm	<b>5:30pm†</b>	6:00pm

‡ Warm-up in the Dive Pool

\*\* Session will not start before this time

† Relay Check-In



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### Warm-up Schedule

#### Thursday 1650 Freestyle

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
4:15pm	<i>Open Warm-up</i>							

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
4:15pm	<i>Open Warm-up</i>							

#### Friday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
7:00am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
7:30am	GMNY	GMNY	GMNY	CAT	CAT	CAT	JAC	JAC

Dive A is next to Diving Boards.  
Dive C is next to Lane 1

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
7:00am	LIFE	LIFE	LIFE	LIFE	NJRC	NJRC/EEX	XCEL	XCEL/CJAC	PTAC	WW	LHY/SCY/ SWST
7:30am	<b>All Others</b>		JFAC	JFAC/RSA	PAA	STAC	MB/BGH	HACY/STAR/ CBGC	EAG/OCY/ RY	BB	BB/JG

#### Friday Age Group

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:00pm	SCAR	SCAR	SCAR	NJRC	NJRC	NJRC	LHY	LHY
1:25pm	LIFE	LIFE	LIFE	LIFE	GSCY	GSCY	XCEL	XCEL

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:00pm	FSPY	FSPY/CBGC	JAC	GMNY	WW	PAA	PTAC	RVYM/RSA
1:25pm	SCY/STAC	JFAC/SWST	CJAC/OCY/ PPST	EAG/GMY/ MB	MDY/NJBL/ STAR	<b>All Others</b>		



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### Warm-up Schedule

#### Saturday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
7:00am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
7:30am	SCAR	SCAR/ SWST	CAT	CAT	CAT/BB	BB	JFAC	ALL OTHERS

Dive A is next to Diving Boards.  
Dive C is next to Lane 1

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
7:00am	LIFE	LIFE	LIFE	LIFE	NJRC	NJRC	WW/ACE	STAC	XCEL	XCEL/RSA	PTAC
7:30am	GMNY	GMNY	GMNY	GMNY	LHY/EAG/ HACY	JAC	JAC/NJB	PAA/CJAC	EEX/JG	CBGC/MB/ BWTD	RY/BGH

#### Saturday 11-12

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:30pm	SCAR	SCAR	SCAR	GSCY	GSCY	GSCY	LIFE	LIFE
1:55pm	NJRC	NJRC	GMNY	FSPY	SCY	OCY/RY	SWST/JFAC	CBGC

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:30pm	LHY	LHY	XCEL	WW	JAC	PAA	PTAC	MDY/WWAT
1:55pm	<b>All Others</b>	RSA/NJSD	RVYM/NJBL	STAC/JG	HACY/GMY	MB/EAG	PPST/BWTD	STAR/ACE



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### Warm-up Schedule

#### Sunday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
8:00am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	WW/WWAT
8:30am	SCAR	SCAR	GMNY	GMNY	GMNY/LHY	NJRC	NJRC/MDY	BB

Dive A is next to Diving Boards.  
Dive C is next to Lane 1

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
8:00am	LIFE	LIFE	LIFE	LIFE	JAC	JAC	XCEL	PTAC/BWTD	JFAC/ACE	PAA/APEX	JG/NJBL
8:30am	CAT	CAT	CAT	CAT/SWST	STAC	RSA/STAR	EEX/CBGC	MB/BGH	OCY/NJB/ TAC	CJAC/EAG	HACY/RY/ SCY

#### Sunday Age Group

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
12:30pm	SCAR	SCAR	SCAR	SCAR	LIFE	LIFE	LIFE	MDY/RVYM
12:55pm	LHY	LHY	GSCY	GSCY	PTAC	CBGC	FSPY/SCY	SWST/OCY

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
12:30pm	NJRC	NJRC	GMNY	GMNY	XCEL	XCEL/BWTD	JAC	JFAC/JAC
12:55pm	WW	RY/STAC	PAA/GMY	ACE/JG/ WWAT	BB/EAG/ RSA	<b>All Others</b>		



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Timing Assignments

One timer from the host team and one timer from...

Thursday 1650 Freestyle

All Lanes

*Swimmers provide their own timers & counters*

Friday Prelims

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
LIFE	GMNY	PTAC	JAC	WW	PAA	XCEL	JFAC
<i>Alternates: STAC, RSA</i>							

Friday Age Group

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
NJRC	SCY	LIFE	PAA	LHY	WW	XCEL	GSCY
<i>Alternates: FSPY, GMNY</i>							

Friday Finals

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
CAT	BB	LIFE	EEX	NJRC	GMNY	CAT	LIFE
<i>Alternates: SCAR, PTAC</i>							

Saturday Prelims

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
LIFE	BB	JFAC	STAC	WW	RSA	EEX	JG
<i>Alternates: CBGC, MB, RY</i>							

Saturday Distance

All Lanes

*Swimmers provide their own timers & counters*



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**Timing Assignments**

**One timer from the host team and one timer from...**

**Saturday 11-12**

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
WW	GSCY	GMNY	NJRC	LIFE	RY	XCEL	PTAC
<i>Alternates: LHY, CBGC</i>							

**Saturday Finals**

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
CAT	LIFE	NJRC	EAG	XCEL	GMNY	JG	PTAC
<i>Alternates: JAC, PAA</i>							

**Sunday Prelims**

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
JFAC	PAA	WW	JG	STAC	RSA	EEX	MB
<i>Alternates: OCY, CJAC</i>							

**Sunday Distance**

All Lanes							
<i>Swimmers provide their own timers &amp; counters</i>							

**Sunday Age Group**

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
BWTD	NJRC	PTAC	RY	LIFE	XCEL	LHY	WW
<i>Alternates: JAC, GSCY</i>							

**Sunday Finals**

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
CAT	RSA	BB	NJRC	JAC	LIFE	GMNY	XCEL
<i>Alternates: JG, PTAC, EEX</i>							

