

2024 STAC IM Tough

Saturday-Sunday January 20th-21st

Meet Schedule

Day	Session	Age Group	Warm-Up	Check-In	Start	
Saturday	1	12 & Under	7:00am	7:30am	8:05am	Two Warm-Ups
Saturday	2	Distance	11:30am	11:30am	Not before 12:00pm	One Open Warm-Up
Saturday	3	13 & Over	1:25pm	1:25pm	2:30pm	Two Warm-Ups
Sunday	4	12 & Under	7:00am	7:30am	8:05am	Two Warm-Ups
Sunday	5	Distance	11:15am	11:15am	Not before 11:45am	One Open Warm-Up
Sunday	6	13 & Over	12:45pm	12:45pm	1:20pm	One Warm-Up



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Warm-up Schedule

Saturday 12 & Under

	L1	L2	L3	L4	L5	L6
7:00am	STAC	STAC	STAC	STAC	STAC	STAC
7:30am	NJSD	MDY	WWAT	NJBL	NJBL/DESC	STAC

Saturday Distance

	L1	L2	L3	L4	L5	L6
11:30am	One Open Warm-up					

Saturday 13 & Over

	L1	L2	L3	L4	L5	L6
1:25pm	STAC	STAC	STAC	STAC	STAC	STAC
1:55pm	STAC	STAC	EEX	MCY	WWAT	ALL OTHERS

Sunday 12 & Under

	L1	L2	L3	L4	L5	L6
7:00am	STAC	STAC	STAC	STAC	STAC	STAC
7:30am	WWAT	NJBL	MDY	DESC	STAC	STAC

Sunday Distance

	L1	L2	L3	L4	L5	L6
11:15am	One Open Warm-up					

Sunday 13 & Over

	L1	L2	L3	L4	L5	L6
1:10pm	STAC	STAC	STAC	STAC	WWAT/NJBL	MDY/DESC



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Timing Assignments

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

Saturday 12 & Under

L1	L2	L3	L4	L5	L6	Alt
NJBL	WWAT	MDY	NJSD	NJBL	WWAT	DESC, MCY, STAC

Saturday Distance

L1	L2	L3	L4	L5	L6	Alt
Swimmers provide their own timer & person to count for the 1650						

Saturday 13 & Over

L1	L2	L3	L4	L5	L6	Alt
EEX	MDY	WWAT	NJBL	EEX	MDY	NJBL, NJSD, STAC

Sunday 12 & Under

L1	L2	L3	L4	L5	L6	Alt
WWAT	NJBL	MDY	DESC	WWAT	NJBL	MDY, WWAT, STAC

Sunday Distance

L1	L2	L3	L4	L5	L6	Alt
Swimmers provide their own timer & person to count for the 1650						

Sunday 13 & Over

L1	L2	L3	L4	L5	L6	Alt
WWAT	MCY	DESC	NJBL	WWAT	MDY	NJBL, WWAT, STAC

