

2025 STAC IM Tough

Sunday January 19th

Meet Schedule

Day	Session	Age Group	Warm-Up	Check-In	Start	
Sunday	1	12 & Under	8:00am	8:40am	9:20am	Three Warm-Ups
Sunday	2	Distance	1:20pm	1:20pm	Not before 1:50pm	One Open Warm-Up
Sunday	3	13 & Over	3:15pm	3:25pm	4:00pm	One Warm-Up

Warm-up Schedule

12 & Under

	L1	L2	L3	L4	L5	L6
8:00am	STAC	STAC	STAC	STAC	STAC	STAC
8:25am	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE
8:50am	STAR	STAR	STAR/UN-NJ	CAT	CAT	HQH

Distance

	L1	L2	L3	L4	L5	L6
1:20pm	One Open Warm-up					

13 & Over

	L1	L2	L3	L4	L5	L6
3:15pm	STAC	STAC	STAC	STAC/ <i>Others</i>	STAR	HQH

Schedule revised Saturday January 18th



2025 STAC IM Tough

Timing Assignments

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

12 & Under

L1	L2	L3	L4	L5	L6	Alt
LIFE	STAR	CAT	HQH	STAC (2)	LIFE	STAC, LIFE

Distance

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

13 & Over

L1	L2	L3	L4	L5	L6	Alt
STAR	HQH	STAC (2)	STAC (2)	STAR	HQH	STAC, LIFE

