

2019 NJ YMCA 13&O State Championships Warm-up Schedule

Thursday		
Session 1/1A - 1000 Freestyle Distance Finals		
Warm-up - 5:30 PM		
Scratches Due - 5:30		
Start - 6:15 PM		
Lane	Main	Window
1	RBY	SVY
2	RBY	SVY
3	LHY	SVY
4	LHY	SVY
5	SHY / MAY	FSPY
6	HACY / FOBY	RY / MYM
7	WY / YBCC	OCY / RANY
8	SAY / WFY	HCY / NJBL
9-12		

Friday		
Session 2 - 15/18 Preliminaries - First Warm-up		
Warm-up - 7:00 AM		
Scratches Due - 7:15 AM		
Start - 8:00 AM		
Lane	Main	Window
1	SVY	LHY
2	SVY	LHY
3	SVY	LHY
4	SVY	LHY
5	SVY	SHY
6	SVY	SHY
7	WY	RANY / MAY
8	OCY / GMY	HACY / HCY
9-12		

Friday		
Session 2 - 15/18 Preliminaries - Second Warm-up		
Warm-up Start - 7:25 AM		
Lane	Main	Window
1	RBY	SAY
2	RBY	SAY
3	RBY	WFY
4	RBY	WFY
5	RBY	FSPY
6	RBY	FSPY
7	YBCC	RY / MYM
8	YBCC / MEY	MDY / SCY / FOBY
9-12		

Friday		
Session 3 - 13/14 Preliminaries - First Warm-up		
Warm-up - 10:30 AM		
Scratches Due - 10:45 AM		
Start - 11:30 AM		
Lane	Main	Window
1	SVY	LHY
2	SVY	LHY
3	SVY	LHY
4	SVY	WFY
5	SHY	WFY
6	SHY	RY / GMY
7	OCY	RANY / HACY
8	MEY / NJBL	SCY / VINY / WEY
9-12		

Friday		
Session 3 - 13/14 Preliminaries - Second Warm-up		
Warm-up Start - 10:55 AM		
Lane	Main	Window
1	RBY	FSPY
2	RBY	FSPY
3	RBY	FSPY
4	RBY	SAY
5	WY	SAY
6	WY	MYM
7	YBCC	FOBY
8	HCY / MDY	MAY / RVYM
9-12		

Friday		
Session 4 - Relays & Finals		
Warm-up - 5:20 PM		
Start - 6:15 PM		
Lane	Main	Window
1		
2		
3		
4		
5		
6		
7		
8		
9-12		

Open Warm-up.
No Lane Assignments

2019 NJ YMCA 13&O State Championships Warm-up Schedule

Saturday					
Session 5/5A - 15/18 Prelims - First Warm-up			Session 5/5A - 15/18 Prelims - Second Warm-up		
Warm-up - 7:00 AM			Warm-up Start - 7:25 AM		
Scratches Due - 7:15 AM					
Start - 8:00 AM					
Lane	Main	Window	Lane	Main	Window
1	SAY	RBY	1	LHY	SVY
2	SAY	RBY	2	LHY	SVY
3	SAY	RBY	3	LHY	SVY
4	WFY	RBY	4	LHY	SVY
5	WFY	RBY	5	SHY	SVY
6	FSPY	RBY	6	SHY	SVY
7	FSPY	YBCC	7	OCY / MYM	HACY / MDY
8	RY	FOBY / GMY / MAY	8	RANY / MEY	WY / SCY
9-12			9-12		

Saturday					
Session 6/6A - 13/14 Prelims - First Warm-up			Session 6/6A - 13/14 Prelims - Second Warm-up		
Warm-up - 11:00 AM			Warm-up Start - 11:25 AM		
Scratches Due - 11:15 AM					
Start - 12:00 PM					
Lane	Main	Window	Lane	Main	Window
1	FSPY	RBY	1	LHY	SVY
2	FSPY	RBY	2	LHY	SVY
3	WY	RBY	3	LHY	SVY
4	MYM	RBY	4	WFY	SVY
5	FOBY	SHY	5	WFY	OCY
6	SAY	SHY	6	RY	GMY / HACY
7	SAY	YBCC	7	RANY	MEY / RVYM
8	MDY	HCY / MAY	8	SCY	NJBL / VINY
9-12			9-12		

Saturday		
Session 7 - Relays & Finals		
Warm-up - 5:20 PM		
Start - 6:15 PM		
Lane	Main	Window
1	Open Warm-up. No Lane Assignments	
2		
3		
4		
5		
6		
7		
8		
9-12		

2019 NJ YMCA 13&O State Championships Warm-up Schedule

Sunday					
Session 8 - 15/18 Preliminaries - First Warm-up			Session 8 - 15/18 Preliminaries - Second Warm-up		
Warm-up - 7:30 AM			Warm-up Start - 7:55 AM		
Scratches Due - 7:45 AM					
Start - 8:30 AM					
Lane	Main	Window	Lane	Main	Window
1	SVY	LHY	1	RBY	SAY
2	SVY	LHY	2	RBY	SAY
3	SVY	LHY	3	RBY	WFY
4	SVY	LHY	4	RBY	WFY
5	SVY	SHY	5	RBY	FSPY
6	SVY	SHY	6	YBCC	FSPY
7	WY	HACY / HCY	7	YBCC	MYM / MAY
8	OCY / FOBY	RANY / RVYM	8	MDY / MEY	RY / SCY
9-12			9-12		

Session 9/9A - 15/18 - 1650 Free
Scratches Due - 10:00 AM
Start - 10:45 AM
Swimmers should warm-up in the Window pool during Session 8

Session 11/11A - 13/14 - 1650 Free
Scratches Due - 3:00 PM
Start - 3:40 PM
Swimmers should warm-up in the Window pool during Session 10.

Sunday					
Session 10 - 13/14 Prelims - First Warm-up			Session 10 - 13/14 Prelims - Second Warm-up		
Warm-up - 12:15 PM			Warm-up Start - 12:40 PM		
Scratches Due - 12:30 PM					
Start - 1:15 PM					
Lane	Main	Window	Lane	Main	Window
1	SVY	LHY	1	RBY	FSPY
2	SVY	LHY	2	RBY	FSPY
3	SVY	LHY	3	RBY	FSPY
4	SVY	WFY	4	RBY	SAY
5	SHY	WFY	5	WY	SAY
6	SHY / WEY	OCY	6	WY	RY
7	MYM	OCY / HACY	7	YBCC	RANY / MAY
8	SCY / NJBL	MDY / VINY	8	FOBY / GMY	HCY / MEY / RVYM
9-12			9-12		

Sunday		
Session 12 - Relays & Finals		
Warm-up - 6:15 PM		
Start - 6:45 PM		
Lane	Main	Window
1	Open Warm-up. No Lane Assignments	
2		
3		
4		
5		
6		
7		
8		
9-12		