

2016 SILVER/BRONZE REGION F CHAMPIONSHIP

Hosted by *EASTERN EXPRESS*

REVISED 2/23/2016

SCHEDULE OF SESSION TIMES

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>	(WILL NOT START BEFORE)
SAT	1	All 10/Unders	10:00AM	10:20AM	10:55AM	
SAT	2	10/U 500 Frees	2:00PM	1:45PM	2:00PM	APPROXIMATELY/ONE HEAT
SAT	3	All 11/12's	2:15PM	2:35PM	3:10PM	NOT BEFORE THESE TIMES
SAT	4	11/12 1000's	6:00PM	5:45PM	6:15PM	APPROXIMATELY/ONE HEAT
SUN	5	10/Unders	9:00AM	9:20AM	9:55AM	
SUN	6	ALL 8/Unders	12:40PM	12:40PM	1:15PM	ONE WARM-UP
SUN	7	All 11/12's	2:15PM	2:35PM	3:10PM	NOT BEFORE THESE TIMES
SUN	8	11/12 1650'S	6:00PM	5:45PM	6:15PM	APPROXIMATELY/ONE HEAT

TIMING ASSIGNMENTS

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	<u>ALTERNATES:</u>
SAT	1	10/Unders	FOBY	MB	CJAC	PTAC	SRAY	NJRC	PPST	PENN	SWST/SWAC
SAT	2	10/U 500 Frees	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS								
SAT	3	All 11/12's	MB	FOBY	NJRC	PTAC	SRAY	CJAC	PPST	SWST	SWAC/PENN
SAT	4	11/12 1000's	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS								
SUN	5	10/Unders	PENN	PPST	FOBY	MB	PTAC	CJAC	SRAY	NJRC	SWST/SWAC
SUN	6	ALL 8/UNDERS	PPST	PTAC	FOBY	MB	NJRC	CJAC	SRAY	PPST	PTAC/PENN
SUN	7	All 11/12's	MB	FOBY	PTAC	NJRC	CJAC	PPST	SRAY	SWST	SWAC/PENN
SUN	8	11/12 1650'S	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS								

*Timers need to have their own stopwatches and teams need to cover their lane for the entire session.
Teams with no specific assignments are asked to be ready to provide backup timers when called.*



WARMUP ASSIGNMENTS FOR TCNJ POOL

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8 LANES

SATURDAY			
10/UNDERS		ALL 11/12'S	
10:00AM	10:25AM	2:15PM	2:40PM
EEX	PTAC	MB	NJRC
FOBY	PTAC	MB	NJRC/SWST
FOBY	SRAY	MB	SRAY
FOBY	SRAY/HQH	EEX	SRAY/HQH
MB	NJRC	FOBY	CJAC
MB	PPST	FOBY	CJAC/PENN
CJAC	PENN	PTAC	PPST
CJAC	SWAC/SWST	PTAC	PPST/SWAC

SUNDAY					
10/UNDERS		ALL 8/0's		ALL 11/12's	
9:00AM	9:25AM	12:45PM		2:15PM	2:40PM
L1	EEX	FOBY	PPST	EEX	NJRC
L2	PTAC	FOBY	PTAC	MB	NJRC/HQH
L3	PTAC	FOBY	FOBY	MB	CJAC
L4	CJAC	MB	MB	MB	CJACPENN
L5	SRAY	MB	NJRC	FOBY	PPST
L6	NJRC	SWST	CJAC	FOBY	PPST/SWAC
L7	PPST	SWAC/HQH	SRAY	PTAC	SRAY
L8	PENN	<i>all others</i>	EEX & all others	PTAC	SRAYSWST

