



**2026 NJS/BB 13 & Over Silver-Bronze Championships**  
**Friday-Sunday July 10<sup>th</sup>-12<sup>th</sup>**

**Meet Schedule**

| Session         | Age Group                           | Warm-Up | Check-In             | Start   |
|-----------------|-------------------------------------|---------|----------------------|---------|
| <b>Friday</b>   | <b><i>Doors Open</i></b>            |         | <b><i>9:00am</i></b> |         |
| <b>1</b>        | Group A, Event List 1               | 9:15am  | <b>9:45am</b>        | 10:20am |
| <b>2</b>        | Group A 800 Free, Group B 1500 Free | 2:15pm  | <b>2:15pm</b>        | 2:45pm  |
| <b>3</b>        | Group B Event List 1                | 4:30pm  | <b>5:00pm</b>        | 5:35pm  |
| <b>Saturday</b> | <b><i>Doors Open</i></b>            |         | <b><i>9:00am</i></b> |         |
| <b>4</b>        | Group C, Event List 1               | 9:15am  | <b>9:45am</b>        | 10:20am |
| <b>5</b>        | Group C 800 Free, Group A 1500 Free | 2:00pm  | <b>2:00pm</b>        | 2:30pm  |
| <b>6</b>        | Group A, Event List 2               | 4:15pm  | <b>4:45pm</b>        | 5:20pm  |
| <b>Sunday</b>   | <b><i>Doors Open</i></b>            |         | <b><i>7:00am</i></b> |         |
| <b>7</b>        | Group C, Event List 2               | 7:15am  | <b>7:45am</b>        | 8:20am  |
| <b>8</b>        | Group C 1500 Free, Group B 800 Free | 12:00pm | <b>12:00pm</b>       | 12:30pm |
| <b>9</b>        | Group B, Event List 2               | 2:00pm  | <b>2:30pm</b>        | 3:05pm  |



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## Warm-up Schedule

### Session 1 – Group A, Event List 1

|        | L1   | L2   | L3   | L4   | L5       | L6   | L7   | L8            |
|--------|------|------|------|------|----------|------|------|---------------|
| 9:15am | SCAR | SCAR | SCAR | STAR | SCAR     | SCAR | SCAR | EAG, HQH, MEY |
| 9:45am | SCAR | SCAR | SCAR | PPST | OCY, MYM | RY   | STAR | <i>Others</i> |

### Session 2 – Group A 800 Freestyle, Group B 1500 Freestyle

|        | L1                  | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|--------|---------------------|----|----|----|----|----|----|----|
| 2:15pm | <i>Open Warm-Up</i> |    |    |    |    |    |    |    |

### Session 3 – Group B, Event List 1

|        | L1   | L2   | L3   | L4      | L5  | L6   | L7            | L8  |
|--------|------|------|------|---------|-----|------|---------------|-----|
| 4:30pm | PTAC | PTAC | PTAC | CAT     | CAT | BB   | BB            | HCY |
| 5:00pm | RSA  | RSA  | WW   | WW, GMY | MAY | APEX | <i>Others</i> |     |

### Session 4 – Group C, Event List 1

|        | L1   | L2        | L3   | L4        | L5   | L6            | L7   | L8        |
|--------|------|-----------|------|-----------|------|---------------|------|-----------|
| 9:15am | JAC  | JAC       | PAA  | PAA       | STAC | STAC          | NJRC | NJRC, ACE |
| 9:45am | XCEL | XCEL, NJB | BWTD | BWTD, WEY | HACY | <i>Others</i> |      |           |

### Session 5 – Group C 800 Freestyle, Group A 1500 Freestyle

|        | L1                  | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|--------|---------------------|----|----|----|----|----|----|----|
| 2:00pm | <i>Open Warm-Up</i> |    |    |    |    |    |    |    |



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### Warm-up Schedule

#### Session 6 – Group A, Event List 2

|        | L1   | L2   | L3   | L4   | L5       | L6   | L7   | L8            |
|--------|------|------|------|------|----------|------|------|---------------|
| 4:15pm | SCAR | SCAR | SCAR | PPST | OCY, MYM | RY   | STAR | <i>Others</i> |
| 4:45pm | SCAR | SCAR | SCAR | STAR | SCAR     | SCAR | SCAR | EAG, HQH, MEY |

#### Session 7 – Group C Event List 2

|        | L1   | L2        | L3   | L4        | L5   | L6            | L7   | L8        |
|--------|------|-----------|------|-----------|------|---------------|------|-----------|
| 7:15am | XCEL | XCEL, NJB | BWTD | BWTD, WEY | HACY | <i>Others</i> |      |           |
| 7:45am | JAC  | JAC       | PAA  | PAA       | STAC | STAC          | NJRC | NJRC, ACE |

#### Session 8 – Group C 1500 Freestyle, Group A 800 Freestyle

|         | L1                  | L2 | L3 | L4 | L5 | L6 | L7 | L8 |
|---------|---------------------|----|----|----|----|----|----|----|
| 12:00pm | <i>Open Warm-Up</i> |    |    |    |    |    |    |    |

#### Session 9 – Group B Event List 2

|        | L1   | L2   | L3   | L4      | L5  | L6   | L7            | L8  |
|--------|------|------|------|---------|-----|------|---------------|-----|
| 2:00pm | RSA  | RSA  | WW   | WW, GMY | MAY | APEX | <i>Others</i> |     |
| 2:30pm | PTAC | PTAC | PTAC | CAT     | CAT | BB   | BB            | HCY |



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### Timing Assignments

#### Session 1 – Group A, Event List 1

| L1                            | L2   | L3   | L4   | L5   | L6 | L7   | L8   |
|-------------------------------|------|------|------|------|----|------|------|
| SCAR                          | SCAR | SCAR | SCAR | SCAR | RY | PPST | STAR |
| <b>Backups:</b> OCY, HQH, MEY |      |      |      |      |    |      |      |

#### Session 2 – Group A 800 Freestyle, Group B 1500 Freestyle

**Swimmers provide their own timers & counters**

#### Session 3 – Group B, Event List 1

| L1                             | L2   | L3  | L4  | L5 | L6  | L7   | L8  |
|--------------------------------|------|-----|-----|----|-----|------|-----|
| PTAC                           | PTAC | RSA | CAT | WW | MAY | APEX | MDY |
| <b>Backups:</b> CJAC, HCY, GMY |      |     |     |    |     |      |     |

#### Session 4 – Group C, Event List 1

| L1                            | L2  | L3  | L4   | L5   | L6   | L7   | L8   |
|-------------------------------|-----|-----|------|------|------|------|------|
| JAC                           | JAC | PAA | STAC | NJRC | XCEL | BWTD | HACY |
| <b>Backups:</b> ACE, WEY, NJB |     |     |      |      |      |      |      |



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## Timing Assignments

### Session 5 – Group C 800 Freestyle, Group A 1500 Freestyle

*Swimmers provide their own timers & counters*

### Session 6 – Group A, Event List 2

| L1                            | L2   | L3   | L4   | L5   | L6 | L7   | L8   |
|-------------------------------|------|------|------|------|----|------|------|
| SCAR                          | SCAR | SCAR | SCAR | SCAR | RY | PPST | STAR |
| <i>Backups:</i> OCY, HQH, MEY |      |      |      |      |    |      |      |

### Session 7 – Group C Event List 2

| L1                            | L2  | L3  | L4   | L5   | L6   | L7   | L8   |
|-------------------------------|-----|-----|------|------|------|------|------|
| JAC                           | JAC | PAA | STAC | NJRC | XCEL | BWTD | HACY |
| <i>Backups:</i> ACE, WEY, NJB |     |     |      |      |      |      |      |

### Session 8 – Group C 1500 Freestyle, Group A 800 Freestyle

*Swimmers provide their own timers & counters*

### Session 9 – Group B Event List 2

| L1                            | L2  | L3  | L4  | L5 | L6  | L7   | L8   |
|-------------------------------|-----|-----|-----|----|-----|------|------|
| PTAC                          | RSA | CAT | CAT | WW | MAY | APEX | CJAC |
| <i>Backups:</i> MDY, HCY, GMY |     |     |     |    |     |      |      |

