

## 2026 Scarlet Heat Madness Saturday May 30th

### Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
	<b>Doors Open</b>		<b>8:15am</b>	
<b>1</b>	13 & Over 400 Freestyle	8:30am	<b>8:30am</b>	9:05am
<b>2</b>	13 & Over	9:30am	<b>10:00am</b>	10:35am
<b>3</b>	12 & Under	2:35pm	<b>2:55pm</b>	3:30pm



### Warm-up Schedule

#### Session 1 Saturday 13 & Over 400 Freestyle

	L1	L2	L3	L4	L5	L6	L7	L8
<b>8:30am</b>	<b>One Open Warm-Up</b>							

#### Session 2 – Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
<b>9:30am</b>	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
<b>10:00am</b>	NJRC	NJRC	NJRC	NJRC	NJRC	SCAR	SCAR	SCAR

#### Session 3 – Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
<b>2:35pm</b>	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
<b>3:00pm</b>	NJRC	NJRC	NJRC	NJRC	SCAR	SCAR	SCAR	SCAR

**Scarlet will provide all timers, except for the 400 Freestyle**