

2026 NJS, SCAR LC Gold Championships Thursday-Sunday July 23rd-27th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Thursday	Doors Open		4:15pm	
1	1500 Free	4:30pm	4:30pm	5:05pm
Friday	Doors Open		7:00am	
2	Friday Prelims	7:15am	7:45am	8:20am
3A	Friday 11-12	12:30pm	12:35pm	1:10pm
3B	Friday 10 & Under	2:30pm	2:35pm	3:10pm
4	Friday Finals	4:30pm§	4:45pm**	5:30pm
Saturday	Doors Open		6:45am	
5	Saturday Prelims	7:00am	7:30am	8:05am
6	Saturday Distance	Patio†	10:30am	11:30am‡
7A	Saturday 10 & Under	1:00pm	1:05pm	1:40pm
7B	Saturday 11-12	3:05pm	3:10pm	3:45pm
8	Saturday Finals	6:00pm§	6:00pm**	6:45pm
Sunday	Doors Open		7:00pm	
9	Sunday Prelims	7:15am	7:45am	8:20am
10	Sunday Distance	Patio†	9:45am	10:30am‡
11A	Sunday 11-12	12:05pm	12:10pm	12:45pm
11B	Sunday 10 & Under	2:50pm	2:55pm	3:30pm
12	Sunday Finals	5:30pm§	5:30pm**	6:15pm



**** ALL Relay Scratches**

† Warm-up will start in the patio pool and transfer to the main pool when available.

‡ Distance session will not start before these times.

§ Will start at the end of the age group session.



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Warm-up Schedule

Session 1 – Thursday 1500 Freestyle

4:30pm

Open Warm-Up All Lanes

Session 2 – Friday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:15am	SCAR	SCAR	SCAR	SCAR	SCAR	LIFE	JAC/GMY	LHY/MDY
7:45am	NJRC/ACE	JSY/CBGC	PAA/EAG	PTAC/BB	RSA/WW	XCEL/EEX/ CAT	STAC/STAR/ JFAC/MAY/ RY	<i>Others</i>

Session 3A – Friday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
12:30pm	LIFE	SCAR	SCAR/JAC	XCEL/PTAC	NJRC/WW/BB	CAT/Ry/RSA/ OCY	PAA/CBGC/ CJAC/NJSD/ STAR	<i>Others</i>

Session 3B – Friday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
2:30pm	SCAR	SCAR/RSA	XCEL/WAVE	JAC/NJRC	LIFE/STAR	PAA/PTAC/ BWTD	BB/CAT/WW/ MAY	<i>Others</i>

Session 4 – Friday Finals

4:30pm

Open Warm-Up All Lanes



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Warm-up Schedule

Session 5 – Saturday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:00am	SCAR	SCAR	SCAR	SCAR	SCAR	JSY/RSA	STAR/ACE/ CBGC	CJAC/JFAC/ STAC/NJB
7:30am	XCEL/EEX/ CAT	LHY/BB	LIFE/MAY	JAC/EAG	PTAC/RV	NJRC/OCY/ HACY	PAA/WW/ WMY	<i>Others</i>

Session 6 – Saturday Distance

As Available	<i>Start warm-up in patio, then move to main pool when available</i>
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Session 7A – Saturday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
1:00pm	SCAR	SCAR	SCAR / WW	XCEL/NJRC	LIFE/PTAC	JAC/RSA	PAA/STAR/ CAT	<i>Others</i>

Session 7B – Saturday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
3:05pm	SCAR	SCAR/CAT/ XCEL	LIFE	JAC/STAR	PTAC/NJRC	WW/PAA/BB/ OCY	CBGC/RSA/ RV/OCY/ CJAC	<i>Others</i>

Session 8 – Saturday Finals

6:00pm	<i>Open Warm-Up All Lanes</i>
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Warm-up Schedule

Session 9 – Sunday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:15am	SCAR	SCAR	SCAR	SCAR	SCAR	LIFE	LHY	JAC/ACE
7:45am	NJRC/MAY	WW/EEX/ NJB	XCEL/CBGC	PAA/RSA	JSY/OCY/CAT	STAC/JFAC/ RY/STAR	PTAC/WMY/ BB	<i>Others</i>

Session 10 – Sunday Distance

As Available	<i>Start warm-up in patio, then move to main pool when available</i>
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Session 11A – Sunday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
12:05pm	SCAR	SCAR/ PTAC/ CAT	LIFE/OCY	JAC/PAA	XCEL/RSA/ RY	NJRC/WW/ STAR	BB/CJAC/JSY/ CBGC/NJSD	<i>Others</i>

Session 11B – Sunday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
2:50pm	SCAR	SCAR/STAR	LIFE/PAA	JAC/PTAC	XCEL/CAT	RSA/NJRC/ CBGC/MAY	WW/WAVE/ BB/WMY/JSY	<i>Others</i>

Session 12 – Sunday Finals

5:30pm	<i>Open Warm-Up All Lanes</i>
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2026 NJS/SCAR Gold Championships

Timing Assignments

Each timing assignment is for one timer. Two people may split the shift if desired

Session 1 – Thursday 1500 Freestyle

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers and counters</i>							

Session 2 – Friday Prelims

L1	L2	L3	L4	L5	L6	L7	L8
JAC	LHY	NJRC	JSY	PAA	PTAC	XCEL	WW
<i>Backups: CBGC, BB, EAG</i>							

Session 3A – Friday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
CBGC	OCY	RY	CAT	BB	WW	NJRC	PTAC
<i>Backups: SCAR, XCEL, LIFE</i>							

Session 3B – Friday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
JAC	LIFE	RSA	STAR	PAA	PTAC	WW	NJRC
<i>Backups: SCAR, CAT, BB</i>							

Session 4 – Friday Finals

L1	L2	L3	L4	L5	L6	L7	L8
EEX	ACE	LIFE	RSA	STAR	OCY	JFAC	MAY
<i>Backups: SCAR, LHY, NJRC</i>							

Session 5 – Saturday Prelims

L1	L2	L3	L4	L5	L6	L7	L8
PAA	WW	XCEL	JSY	RSA	STAR	ACE	CBGC
<i>Backups: SCAR, NJRC, PTAC</i>							

Session 6 – Saturday Distance

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers and counters</i>							

Session 7A – Saturday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
XCEL	PAA	STAR	CAT	JAC	LIFE	RSA	WW
<i>Backups: SCAR, WW, WAVE, MAY</i>							



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Timing Assignments

Each timing assignment is for one timer. Two people may split the shift if desired

Session 7B – Saturday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	NJRC	WW	OCY	PAA	PTAC	BB	STAR
<i>Backups: SCAR, JAC, PTAC</i>							

Session 8 – Saturday Finals

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	OCY	LHY	JAC	PTAC	NJRC	PAA	WW
<i>Backups: SCAR, XCEL, STAR</i>							

Session 9 – Sunday Prelims

L1	L2	L3	L4	L5	L6	L7	L8
XCEL	CBGC	JSY	ACE	EEX	MAY	OCY	CAT
<i>Backups: SCAR, STAC, RY</i>							

Session 10 – Sunday Distance

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers and counters</i>							

Session 11A – Sunday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
CAT	JAC	OCY	WW	PTAC	STAR	BB	RY
<i>Backups: SCAR, RSA, PAA</i>							

Session 11B – Sunday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
CAT	JAC	LIFE	PTAC	STAR	WAVE	XCEL	RSA
<i>Backups: SCAR, WMY, WW</i>							

Session 12 – Sunday Finals

L1	L2	L3	L4	L5	L6	L7	L8
EEX	LIFE	OCY	RSA	MAY	XCEL	NJRC	PTAC
<i>Backups: SCAR, CBGC, JSY</i>							

