2025 NJS/Scarlet Gold Championships
March 20th-23rd

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Thursday	**Doors Open 4:15pm**			
1A	13 & Over 1650 Freestyle	4:30pm	**4:25pm**	5:00pm
1B	11-12 1650 Freestyle	‡	**6:45pm**	7:30pm**
Friday	**Doors Open 7:00am**			
2	Friday Prelims	7:15am	**7:45am**	8:20am
3	Friday Age Group	1:05pm	**1:25m**	2:00pm
4	Friday Finals	5:00pm	**5:10pm†**	5:45pm
Saturday	**Doors Open 7:00am**			
5	Saturday Prelims	7:15am	**7:45am**	8:20am
6	Saturday Distance	‡	**10:00am**	10:45am
7	Saturday Age Group	12:50pm	**1:10pm**	1:45pm
8	Saturday Finals	5:15pm	**5:25pm†**	6:00pm
Sunday	**Doors Open 7:00am**			
9	Sunday Prelims	7:15am	**7:45am**	8:20am
10	Sunday Distance	‡	**10:45am**	11:30am**
11	Sunday Age Group	1:05pm	**1:25pm**	2:00pm
12	Sunday Finals	5:45pm	**5:55pm†**	6:30pm

‡ Warm-up in the Dive Pool

† Relay Check-In

**** Session will not start before this time**

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Warm-up Schedule

Thursday 1650 Freestyle

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
4:30pm	*Open Warm-up*							

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
4:30pm	*Open Warm-up*							

Friday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
7:15am	SCAR	SCAR	SCAR	SCAR	SCAR	JAC	JAC	JAC
7:45am	CAT	CAT	CAT/PTAC	BB/STAR	GMNY	GMNY	GMNY/WW	WW/HACY

Dive A is next to Diving Boards.
Dive C is next to Lane 1

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
7:15am	SCAR	SCAR	SCAR	SCAR	XCEL	XCEL/RSA	JFAC	JFAC/MB	NJRC	NJRC/OCY	PAA
7:45am	LIFE	LIFE	LIFE	LIFE	SCY/STAC	JG/EEX	ACE/CBGC	CJAC/MDY /NJB	GMY/PPST/ STAR	*Others*	

Friday Age Group: 11-12

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:05pm	SCAR	SCAR	SCAR	SCAR	SCAR	WW	CAT	EBGC
1:30pm	JAC	JAC	JAC	LIFE	LIFE	PAA	PTAC	XCEL

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:05pm	*Open*			GMNY	GMNY	CBGC	BB	EAG	NJRC	NJRC	NJRC
1:30pm	*Open*			*Others*				RVYM/STAR	MDY/OCY	PPST/GMY	RSA/JFAC

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Warm-up Schedule

Saturday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
7:15am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR
7:45am	SCAR	SCAR	CAT	CAT	LIFE	LIFE	LIFE	LIFE

Dive A is next to Diving Boards.
Dive C is next to Lane 1

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
7:15am	GMNY	GMNY	GMNY	GMNY	JFAC	PTAC	JAC	JAC	MB/EAG	CBGC/CJAC	STAC/EEX
7:45am	*Others*				BB/JG	OCY/SCY	RSA/HACY	WW	PAA	XCEL	NJRC

Saturday Age Group: All 10 & Under, 11-12 Girls

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
12:50pm	SCAR	SCAR	SCAR	SCAR	JAC	JAC	JAC	CAT
1:15pm	NJRC	NJRC	GMNY	GMNY	LIFE	LIFE	PTAC	PTAC

Dive A is next to Diving Boards.
Dive C is next to Lane 1

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
12:50pm	*Open*			PPST	STAR	OCY	CBGC	WW	WW	XCEL	XCEL
1:15pm	*Others*						STAC/CJAC	JFAC/PAA	BB/SCY	RVYM/MB	RSA/BAC

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Warm-up Schedule

Sunday Prelims

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
7:15am	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	SCAR	JFAC
7:45am	NJRC	NJRC/ACE	OCY/BWTD	MB/MDY	WW	BB/NJB	CBGC/CJAC/ EAG	JG/STAR

Dive A is next to Diving Boards.
Dive C is next to Lane 1

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
7:15am	Open	Open	SCAR	SCAR	JAC	JAC	JAC/SCY	GMNY	GMNY/GMY	PTAC	PTAC/HACY
7:45am	LIFE	LIFE	LIFE	LIFE	CAT	CAT	CAT/STAC	EEX/RSA	XCEL	PAA/TWST	*Others*

Sunday Age Group: 10 & Under, 11-12 Boys

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:05pm	SCAR	SCAR	SCAR	SCAR	SCAR	PTAC	PTAC/STAC	CAT
1:30pm	NJRC	NJRC	BB	WW	JFAC	OCY/SCY	STAR/GMY	CBGC/WEY

Dive A is next to Diving Boards.
Dive C is next to Lane 1

	Dive A	Dive B	Dive C	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:05pm	*Open*		JAC	JAC	JAC	LIFE	LIFE	PAA	EAG	PPST/CJAC	RSA
1:30pm	*Open*		GMNY	GMNY	GMNY	XCEL	XCEL	*Others*			

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Timing Assignments

One timer from the host team and one timer from…

Thursday 1650 Freestyle

All Lanes
Swimmers provide their own timers & counters

Friday Prelims

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
RSA	MB	PTAC	WW	XCEL	JAC	SCY	LIFE
Backups: GMNY, CAT, NJRC							

Friday Age Group

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
EBGC	CBGC	LIFE	GMNY	PTAC	EAG	BB	JFAC
Backups: XCEL, PAA, CAT							

Friday Finals

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
BB	OCY	CAT	LIFE	GNMY	NJRC	JFAC	PAA
Backups: STAR JAC, WW							

Saturday Prelims

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
SCY	OCY	RSA	WW	NJRC	XCEL	PAA	JFAC
Backups: BB, JG, STAC							

Saturday Distance

All Lanes
Swimmers provide their own timers & counters

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Timing Assignments

One timer from the host team and one timer from…

Saturday Age Group

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
CAT	PTAC	LIFE	NJRC	WW	JAC	JFAC	GMNY
Backups: XCEL, OCY, BB							

Saturday Finals

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
CAT	XCEL	BB	PAA	LIFE	GMNY	JAC	NJRC
Backups: GMNY, RSA, PTAC							

Sunday Prelims

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
JG	HACY	RSA	BB	PAA	NJRC	JFAC	XCEL
Backups: MB, STAC, STAR							

Sunday Distance

All Lanes
Swimmers provide their own timers & counters

Sunday Age Group

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
JFAC	CAT	BB	LIFE	PTAC	XCEL	NJRC	JAC
Backups: GMNY, OCY, STAC							

Sunday Finals

Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
BB	CAT	XCEL	LIFE	JFAC	PAA	NJRC	RSA
Backups: STAR, PTAC, LIFE							