

2026 STAC IM Tough

Saturday-Sunday January 24th-25th

Meet Schedule

Day	Session	Age Group	Warm-Up	Check-In	Start
Saturday	1	12 & Under	8:00am	8:25am	9:00am
Saturday	2	Distance	11:30am	11:30am	12:15pm‡
Saturday	3	13 & Over	1:00pm	1:25pm	2:00pm
Sunday	4	All Ages	8:00am	8:25am	9:00am
Sunday	5	13 & Over Distance	TBA	11:30am	Noon‡

‡ Not before this time

Warm-up Schedule

Saturday 12 & Under

	L1	L2	L3	L4	L5	L6
8:00am	STAC	STAC	STAC	STAC	STAC	STAC
8:25am	STAC	STAC	STAC	APEX	APEX	NJAC

Distance

	L1	L2	L3	L4	L5	L6
11:30am	One Open Warm-up					

Saturday 13 & Over

	L1	L2	L3	L4	L5	L6
1:00pm	STAC	STAC	STAC	STAC	STAC	STAC
1:25pm	APEX	APEX	APEX	NJAC	STAC	STAC

Sunday All Ages

	L1	L2	L3	L4	L5	L6
8:00am	STAC	STAC	STAC	STAC	STAC	STAC
8:25am	STAC	STAC	STAC	STAC	NJAC	NJAC/APEX

Sunday Distance

	L1	L2	L3	L4	L5	L6
TBA	One Open Warm-up					



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Timing Assignments

Saturday 12 & Under

L1	L2	L3	L4	L5	L6	Alt
NJAC	APEX	STAC	STAC	STAC	APEX	STAC
NJAC	STAC	STAC	STAC	STAC	APEX	STAC

Saturday Distance

L1	L2	L3	L4	L5	L6	Alt
Swimmers provide their own timer & person to count for the 1650						

Saturday 13 & Over

L1	L2	L3	L4	L5	L6	Alt
APEX	APEX	STAC	STAC	STAC	APEX	STAC
STAC						

Sunday All Ages

L1	L2	L3	L4	L5	L6	Alt
STAC	NJAC	STAC	STAC	STAC	NJAC	STAC
STAC						

Sunday Distance

L1	L2	L3	L4	L5	L6	Alt
Swimmers provide their own timer & person to count for the 500						

