

2025 NJ YMCA 13 Over State Championships Warm-Up Schedule

Thursday		
Session 1 – 1000 Freestyle Distance Finals		
Warm-up – 5:30pm		
Scratches Due – 5:30pm		
Start – 6:15pm		
Lane	Main	Window
1	GMNY	GSCY
2	GMNY	GSCY
3	GMNY	GSCY
4	LHY	GSCY
5	LHY	WFY
6	FSPY	WY/GMY
7	WMY	MYM/OCY
8	HACY	RY/SAY
9-12		

Friday					
Session 2 – 15-21 Preliminaries 1st Warm-up			Session 2 – 15-21 Preliminaries 2nd Warm-up		
Warm-up – 7:15am					
Scratches Due – 7:30am			Warm-up – 7:40am		
Start – 8:15am					
Lane	Main	Window	Lane	Main	Window
1	GMNY	GSCY	1	WMY	LHY
2	GMNY	GSCY	2	WMY/MLY	LHY
3	GMNY	GSCY	3	OCY	LHY
4	GMNY	GSCY	4	OCY/RV	LHY
5	GMNY	GSCY	5	WY	FSPY
6	WFY	GSCY	6	HACY	FSPY
7	WFY	SAY	7	MAY/GMY	FSPY
8	WFY/HCY	SAY	8	SCY/RVYM	FSPY
9-12			9-12		

Friday					
Session 3 – 13-14 Preliminaries 1st Warm-up			Session 3 – 13-14 Preliminaries 2nd Warm-up		
Warm-up – 10:15am					
Scratches Due – 10:30am			Warm-up – 10:40am		
Start – 11:15am					
Lane	Main	Window	Lane	Main	Window
1	LHY	FSPY	1	GSCY	GMNY
2	LHY	FSPY	2	GSCY	GMNY
3	LHY	OCY	3	GSCY	GMNY
4	WY	OCY	4	GSCY	GMNY
5	WY	WFY	5	GSCY	GMNY
6	WMY	WFY	6	GSCY	RY/GMY
7	WMY	SCY	7	SAY	MAY/MDY
8	MYM	HACY	8	HCY/RVYM	VINY/WEY
9-12			9-12		

Friday		
Session 4 – Finals		
Warm-up – 5:05pm		
Relay Scratches Due – 5:15pm		
Start – 6:00pm		
Lane	Main	Window
1	Open Warm-Up No Lane Assignments	
2		
3		
4		
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6		
7		
8		
9-12		

2025 NJ YMCA 13 Over State Championships

Warm-Up Schedule

Saturday					
Session 5 – 15-21 Preliminaries 1st Warm-up			Session 5 – 15-21 Preliminaries 2nd Warm-up		
Warm-up – 7:15am					
Scratches Due – 7:30am			Warm-up – 7:40am		
Start – 8:15am					
Lane	Main	Window	Lane	Main	Window
1	GSCY	GMNY	1	LHY	SAY
2	GSCY	GMNY	2	LHY	SAY
3	GSCY	GMNY	3	LHY	WFY
4	GSCY	GMNY	4	LHY	WFY
5	GSCY	GMNY	5	LHY	WMY
6	GSCY	FSPY	6	WY	WMY
7	GSCY	FSPY	7	MAY/RY	SCY/GMY
8	OCY	FSPY	8	MLY/HCY	HACY
9-12			9-12		

Saturday					
Session 6 – 13-14 Preliminaries 1st Warm-up			Session 6 – 13-14 Preliminaries 2nd Warm-up		
Warm-up – 10:15am					
Scratches Due – 10:30am			Warm-up – 10:40am		
Start – 11:15am					
Lane	Main	Window	Lane	Main	Window
1	GSCY	FSPY	1	GMNY	LHY
2	GSCY	FSPY	2	GMNY	LHY
3	GSCY	WFY	3	GMNY	LHY
4	GSCY	WFY	4	WY	RY
5	GSCY	OCY	5	WY	SAY
6	WMY	OCY	6	SCY	MDY
7	HACY	VINY	7	HCY	GMY
8	MYM	WEY	8	MAY	RVYM
9-12			9-12		

Saturday		
Session 7 – Finals		
Warm-up – 5:05pm		
Relay Scratches Due – 5:15pm		
Start – 6:00pm		
Lane	Main	Window
1	Open Warm-Up No Lane Assignments	
2		
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8		
9-12		

2025 NJ YMCA 13 Over State Championships Warm-Up Schedule

Sunday					
Session 8 – 15-21 Preliminaries 1st Warm-up			Session 8 – 15-21 Preliminaries 2nd Warm-up		
Warm-up – 7:30am					
Scratches Due – 7:45am			Warm-up – 7:55am		
Start – 8:30am					
Lane	Main	Window	Lane	Main	Window
1	GMNY	FSPY	1	GSCY	WMY
2	GMNY	FSPY	2	GSCY	WMY
3	GMNY	FSPY	3	GSCY	OCY
4	GMNY	FSPY	4	GSCY	OCY
5	GMNY	SAY	5	GSCY	WFY
6	LHY	SAY	6	GSCY	WFY
7	LHY	SAY	7	GSCY	MAY/MLY/HCY
8	LHY	WY	8	HACY/RVYM	GMY/RV/SCY
9-12			9-12		

Sunday		
Session 9 – 15-21 1650 Freestyle Timed Finals		
Scratches Due – 9:45am		
Start – 10:20am		
Swimmers should warm-up in the Window pool during Session 8		

Sunday		
Session 11 – 13-14 1650 Freestyle Timed Finals		
Scratches Due – 1:10pm		
Start – 1:45pm		
Swimmers should warm-up in the Window pool during Session 8		

Sunday					
Session 10 – 13-14 Preliminaries 1st Warm-up			Session 10 – 13-14 Preliminaries 2nd Warm-up		
Warm-up – 11:10am					
Scratches Due – 11:25am			Warm-up – 11:35am		
Start – 12:10pm					
Lane	Main	Window	Lane	Main	Window
1	SCY	GSCY	1	MYM	WY
2	SCY	GSCY	2	RVYM	WY
3	WMY	GSCY	3	SAY	LHY
4	WMY	GSCY	4	WMY	LHY
5	OCY	GSCY	5	WMY	LHY
6	OCY	GSCY	6	GMNY	HACY
7	FSPY	WFY	7	GMNY	RY/VINY/MLY
8	FSPY	WFY	8	GMNY	MAY/MDY/VINY
9-12			9-12		

Sunday		
Session 12 – Finals		
Warm-up – 6:00pm		
Relay Scratches Due – 6:00pm		
Start – 6:30pm		
Lane	Main	Window
1	Open Warm-Up No Lane Assignments	
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8		
9-12		

2025 NJ YMCA 13 Over State Championships
Timing Assignments

Day	Session	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Back-up
Thursday	1 – 1000s	Swimmers provide their own Timers & Counters								
Friday	2 – 15-21 Prelims (a)	GSCY LHY	GSCY LHY	GSCY LHY	GSCY FSPY	GSCY FSPY	SAY FSPY	WFY WY	WMY OCY	MAY RY
	3 – 13-14 Prelims (a)	WY WMY	WY WMY	FSPY MYM	FSPY GSCY	OCY GSCY	OCY GSCY	WFY LHY	WFY LHY	SCY HACY
	4 – Relays & Finals	GSCY FSPY	GSCY FSPY	GSCY WFY	GSCY WFY	GSCY HACY	LHY HACY	LHY WMY	LHY OCY	WY MAY
Saturday	5 – 15-21 Prelims (b)	WY HACY	LHY OCY	LHY WMY	LHY WFY	GSCY SAY	GSCY SAY	GSCY FSPY	GSCY FSPY	MAY SCY
	6 – 13-14 Prelims (b)	GSCY WY	GSCY WY	GSCY WFY	GSCY OCY	LHY WMY	LHY HACY	LHY MYM	FSPY RY	SCY SAY
	7 – Relays & Finals	FSPY LHY	FSPY LHY	FSPY LHY	GSCY MAY	GSCY WMY	GSCY WMY	HACY WFY	HACY WFY	OCY SCY
Sunday	8 – 15-21 Prelims	GSCY LHY	GSCY LHY	GSCY SAY	GSCY SAY	FSPY WMY	FSPY OCY	FSPY WFY	WY HACY	MAY MLY
	9 – 15-21 1650	Swimmers provide their own Timers & Counters								
	10 – 13-14 Prelims	GSCY WFY	GSCY FSPY	GSCY OCY	GSCY WMY	LHY SCY	LHY HACY	WY MYM	WY RVYM	SAY RY
	11 – 13-14 1650	Swimmers provide their own Timers & Counters								
	12 – Relays & Finals	WFY LHY	WFY LHY	WFY LHY	GSCY LHY	GSCY FSPY	GSCY FSPY	GSCY FSPY	HACY WMY	OCY RVYM
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Back-up

Notes:

- (a) The last event of the session is the 400 IM. The timers will be split to cover both pools.
- (b) The first event of the session is the 500 freestyle. The timers will be split to cover both pools and will then return to the main pool after the 500 is complete. Swimmers must provide their own counters.