

2022 Cougar Highlander Invitational Saturday-Sunday December 17th-18th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
1	13 & Over	8:00am	8:30am	9:05am
2	500 Freestyle/400 IM	12:30pm	12:30pm	Not before 1:00pm
3	12 & Under	2:45pm	3:15pm	3:50pm
4	13 & Over	8:00am	8:30am	9:05am
5	12 & Under	2:00pm	2:25pm	3:00pm

Cougar & NJIT will be timing all sessions



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Warm-up Schedule

Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
8:00am	CAT	CAT	CAT	CAT	CAT	STAR/WWAT	RY	RY
8:30am	BB	BB	BB	EAG	EAG	EAG	MB	MB

Saturday 13 & Over 400 IM/500 Freestyle

	L1	L2	L3	L4	L5	L6	L7	L8
TBA	CAT	CAT	CAT/RY	LT	MB	MB	EAG	EAG/WWAT

Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
2:45pm	CAT	CAT	CAT	CAT	CAT	CAT	CAT	CAT
3:05pm	CAT	CAT	CAT	CAT	CAT	EAG	EAG	EAG
3:25pm	BB	BB	BB	STAR	STAR	MB	MB/WWAT	WWAT

Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
8:00am	CAT	CAT	CAT	CAT	CAT/WWAT	BB	BB	BB
8:30am	EAG	EAG	EAG	MB	MB	RY	RY/UN	STAR

Sunday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
2:00pm	CAT	CAT	CAT	CAT	CAT	CAT	CAT	CAT
2:20pm	CAT	CAT	CAT	CAT/UN	RY	RY	RY	WWAT
2:40pm	BB	BB	BB	EAG	EAG	STAR	STAR	MB

