

2023 EEX Summer Short Course Jersey Open Saturday-Sunday July 22nd-23rd

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
	<i>Saturday Doors Open:</i>		12:15pm	
1	Saturday	12:30pm	12:55pm	1:35pm
	<i>Sunday Doors Open:</i>		12:15pm	
4	Sunday Main Session	12:30pm	12:55pm	1:35pm
5	Sunday 500 Freestyle	**	4:00pm	**4:30pm



****Warm-up in dive pool.**
Session will not start before the time indicated.

Warm-up Schedule

Session 1 – Saturday

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
12:30pm	NJRC	NJRC	NJRC	NJRC	NJRC	CJAC	CJAC	EEX
1:00pm	STAC	STAC	STAC	STAC	LIFE	LIFE	LIFE	BAC

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
12:30pm	<i>Others</i>	SCAR	SCAR	SCAR	JFAC	JFAC	JFAC	JFAC
1:00pm	WFY	WFY	NRG/GSA	GSA	SWST	SWST	RSA	RSA

Session 2 – Sunday

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
12:30pm	JFAC	JFAC	JFAC	JFAC	JFAC/STAC	STAC	STAC	STAC
1:00pm	SCAR	SCAR	SCAR	SCAR	RSA	RSA	SWST	SWST

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
12:30pm	EEX	LIFE	LIFE	LIFE	NJRC	NJRC	NJRC	NJRC
1:00pm	<i>Others</i>		BAC	WFY	GSA	GSA	CJAC	CJAC

Each warm-up is 25 minutes. At the end of each warm-up, there will be a 5-minute opportunity for teams warming up in the dive pool to conduct starts in the main pool.
Teams should use the same lane number that they were assigned in the dive pool.



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Timing Assignments

Session 1 – Saturday

L1	L2	L3	L4	L5	L6	L7	L8
NJRC	JFAC	STAC	LIFE	SCAR	RSA	CJAC	EEX
EEX	WFY	GSA	SWST	NJRC	JFAC	LIFE	BAC
<i>Alternates: NRG, EEX, WFY</i>							

Session 2 – Sunday

L1	L2	L3	L4	L5	L6	L7	L8
GSA	CJAC	EEX	WFY	BAC	SWST	RSA	GSA
NJRC	JFAC	SCAR	STAC	LIFE	RSA	SWST	EEX
<i>Alternates: EEX, SCAR, NRG</i>							

Session 3 – Sunday 500 Freestyle

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

