

2023 JFAC Summer Sprints, Saturday-Sunday June 10th-11th, 2023

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Saturday	Doors Open		8:15am	
1	Saturday 13 & Over Prelims	8:30am	8:40am	9:15am
2	Saturday 13 & Over 400 IM	**	11:00am	**
3	Saturday Age Group	12:00pm	12:10pm	12:45pm
4	Saturday Finals	4:00pm	—	5:00pm
Sunday	Doors Open		8:15am	
5	Sunday 13 & Over	8:30am	8:40am	9:15am
6	Sunday 13 & Over 400 Freestyle	**	11:00am	**
7	Sunday Age Group	12:00pm	12:10pm	12:45pm

** Session will begin 15 minutes after conclusion of main 13 & Over Session



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Warm-up Schedule

Saturday 13 & Over Preliminaries

	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10
8:30am	STAC	STAC	STAC	STAC	JFAC	JFAC	STAR	EAG	EAG/BB	BB

Saturday 13 & Over 400 IM

**	<i>Open Warm-Up</i>									
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Saturday Age Group

	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10
12:00pm	STAC	STAC	STAC	STAC	STAR	EAG	JFAC	RANY	RANY/BB	BB

Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10
8:30am	STAC	STAC	STAC	STAC	JFAC	JFAC	JFAC/STAR	EAG	EAG/BB	BB

Sunday 13 & Over 400 Freestyle

**	<i>Open Warm-Up</i>									
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Sunday Age Group

	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10
12:00pm	STAC	STAC	STAC	EAG	EAG/RANY	RANY	JFAC	JFAC/BB	BB	STAR



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Saturday 13 & Over Preliminaries

L2	L3	L4	L5	L6	L7	L8	L9
JFAC	JFAC	JFAC	JFAC	BB	BB	EAG	EAG
STAC	STAC	STAC	STAC	STAC	STAC	STAR	STAR

Alternates: JFAC, STAC

Saturday 13 & Over 400 IM

Swimmers provide their own timers

Saturday Age Group

L2	L3	L4	L5	L6	L7	L8	L9
JFAC	JFAC	JFAC	JFAC	STAR	STAR	EAG	EAG
STAC	STAC	STAC	STAC	BB	BB	RANY	RANY

Alternates: JFAC, STAR

Saturday Finals

L2	L3	L4	L5	L6	L7	L8	L9
JFAC	JFAC	JFAC	JFAC	BB	BB	STAC	JFAC
STAC	STAC	STAC	STAC	STAC	STAC	STAR	STAR

Alternates: STAC, JFAC

Sunday 13 & Over

L2	L3	L4	L5	L6	L7	L8	L9
STAC	STAC	STAC	STAC	STAC	JFAC	JFAC	JFAC
JFAC	EAG	EAG	BB	BB	STAR	STAC	JFAC

Alternates: EAG, BB

Sunday 13 & Over 400 Freestyle

Swimmers provide their own timers

Sunday Age Group

L2	L3	L4	L5	L6	L7	L8	L9
STAC	STAC	STAC	STAC	EAG	EAG	RANY	RANY
JFAC	JFAC	JFAC	JFAC	STAR	STAR	BB	BB

Alternates: STAC, RANY

