

2023 LIFE Hot Summer Nights Saturday-Sunday July 8th-9th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Saturday	Doors Open:	11:45am		
1	12 & Under	12:00pm	12:10pm	12:45pm
2	13 & Over	4:00pm	4:20pm	4:55pm
Sunday	Doors Open:	11:45am		
3	12 & Under	12:00pm	12:10pm	12:45pm
4	13 & Over	3:45pm	4:05pm	4:40pm

Life Time will supply all timers

Warm-up Schedule

Session 1 – Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
12:00pm	LT	LT	LT	LT	LT	LT (NJ & PA)	XCEL	XCEL
12:20pm	MYM	MYM/JFAC	JFAC	RSA	CBGC	MDY/SCAR	STAR/NJBL	<i>All Others</i>

Session 2 – Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
4:00pm	LT	LT	LT	LT	LT	LT	XCEL	XCEL/CBGC
4:25pm	RSA	RSA/STARS	SCAR	SCAR/MYM	JFAC	JFAC	NJBL/SCY	<i>All Others</i>

Session 3 – Sunday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
12:00pm	LT	LT	LT	LT	LT	LT (NJ & PA)	JFAC	RSA
12:20pm	XCEL	XCEL	MYM	MYM/NJBL	CBGC	MDY/SWST	STAR/WWAT	SCAR/SCY

Session 4 – Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
3:45pm	LT	LT	LT	LT	LT	LT	JFAC	JFAC
4:10pm	XCEL	XCEL	SCAR	SCAR/STAR	RSA	RSA/MYM	CBGC/NJBL	<i>All Others</i>

