

## 2023 NJS/SCAR LC Junior Olympics

### Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
<b>Friday</b>	Doors Open		<b>7:00am</b>	
1	Friday 15 & Over Prelims	7:15am	<b>7:35am</b>	8:10am
2	Friday 13-14 Prelims	12:00pm	<b>12:20pm</b>	12:55pm
3	Friday Age Group	3:40pm	<b>4:10pm</b>	4:45pm
<b>Saturday</b>	Doors Open		<b>7:00am</b>	
4	Saturday Prelims	7:15am	<b>7:55am</b>	8:35am
5	Saturday Distance	Patio†	<b>11:00am</b>	11:45am‡
6	Saturday Age Group	2:00pm	<b>2:10pm</b>	2:45pm
7	Saturday Finals	6:15pm	<b>6:15pm**</b>	6:45pm
<b>Sunday</b>	Doors Open		<b>7:00am</b>	
8	Sunday Prelims	7:15am	<b>7:35am</b>	8:10am
9	Sunday Distance	Patio†	<b>10:35am</b>	11:20am‡
10	Sunday Age Group	1:20pm	<b>1:30pm</b>	2:05pm
11	Sunday Finals	6:15pm	<b>6:25pm**</b>	7:00pm



**\*\* Relay Scratches**

† Warm-up will start in the patio pool and transfer to the main pool when available.

‡ Distance session will not start before these times.

**Scarlet will provide all timers except for distance sessions where swimmers must provide their own timer and counter.**



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### Warm-up Schedule

#### Session 1 – Friday 15 & Over Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:15am	SCAR	SCAR	SCAR	LIFE	LIFE/JFAC	CAT	STAC	BB/PTAC
7:40am	NJRC/PPST	PAA/XCEL	LHY/RV	GMNY/MAY	WW/CBGC	RANY/RSA	BGH/CJAC/ EEX/EAG	<i>All Others</i>

#### Session 2 – Friday 13-14 Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
12:00pm	SCAR	SCAR	SCAR	LHY	GMNY	NJRC	XCEL/CJAC /NJB	BB/RANY /WW
12:25pm	JFAC/NJBL	CAT/PAA	HACY/PTAC/ RY	GSCY/RSA/ STAR/CBGC	STAC	MAY/OCY	<i>All Others</i>	

#### Session 3 – Friday Age Group

	L1	L2	L3	L4	L5	L6	L7	L8
3:40pm	SCAR	SCAR	SCAR	NJRC	NJRC/PPST	LIFE	LIFE	LIFE
4:00pm	GMNY	GMNY/MYM	XCEL	XCEL/CJAC	GSCY	CBGC/GMY	PTAC/OCY	STAC/TAC
4:20pm	SCAR	LHY/SCY	JFAC/SWST	WW/RANY	RSA/PAA	BB/EAG /NJBL	STAR/MDY /RY	<i>All Others</i>



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## Warm-up Schedule

### Session 4 – Saturday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:15am	SCAR	SCAR	SCAR	SCAR	GMNY	GMNY/XCEL	JFAC	WW
7:40am	CAT	CAT/RV	NJRC	NJRC/RSA	LHY	PAA	PTAC/CBGC	CJAC/EAG /HACY
8:05am	LIFE	LIFE	STAC	STAC/BB	RANY/BGH	MAY/OCY /STAR	SWST/GSCY /NJBL	<b>All Others</b>

### Session 5 – Saturday Distance

	L1	L2	L3	L4	L5	L6	L7	L8
As Available	<i>Start warm-up in patio, then move to main pool when available</i>							

### Session 6 – Saturday Age Group

	L1	L2	L3	L4	L5	L6	L7	L8
2:00pm	LIFE	LIFE	SCAR	SCAR	SCAR	GMNY/SCY	NJRC/MDY	XCEL/BB
2:20pm	GSCY/LHY	JFAC/WW	CBGC/PTAC	PAA/RSC/ SWST	STAC/PPST/ EAG	MYM/NJBL /RANY/UN-C	CJAC/STAR /RY/HACY	<b>All Others</b>

### Session 7 – Saturday Finals

	L1	L2	L3	L4	L5	L6	L7	L8
6:15pm	<i>Open Warm-Up</i>							



## 2023 NJS/SCAR LC Junior Olympics

### Warm-up Schedule

#### Session 8 – Sunday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:15am	CAT	CAT/XCEL	SCAR	SCAR	SCAR	LIFE	LIFE/RANY	LHY/EAG
7:40am	NJRC/SWST /EEX	STAC/MAY /FSPY	GMNY/PTAC	JFAC/RSA	PAA/BGH/ CBGC	WW/BB	RANY/RY/ CJAC	<i>All Others</i>

#### Session 9 – Sunday Distance

	L1	L2	L3	L4	L5	L6	L7	L8
As Available	<i>Start warm-up in patio, then move to main pool when available</i>							

#### Session 10 – Sunday Age Group

	L1	L2	L3	L4	L5	L6	L7	L8
1:20pm	LIFE	LIFE/MDY	SCAR	SCAR	SCAR	NJRC/CAT	GMNY/MAY	XCEL/CJAC
1:40pm	GSCY/RANY	STAC/SWST	CBGC/PPST	PTAC/MYM	JFAC/WW	LHY/PAA	RSA/NJBL/ EAG	<i>All Others</i>

#### Session 11 – Sunday Finals

	L1	L2	L3	L4	L5	L6	L7	L8
6:15pm	<i>Open Warm-Up</i>							

