

2024 NJS, SCAR LC Junior Olympics

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Friday	Doors Open		6:45am	
1	Friday Prelims	7:00am	7:30am	8:05am
2A	Friday 11-12	12:45pm	12:45pm	1:15pm
2B	Friday 10 & Under	3:15pm	3:15pm	3:45pm
3	Friday Finals	5:15pm	5:30pm**	6:00pm
Saturday	Doors Open		6:45am	
4	Saturday Prelims	7:00am	7:30am	8:05am
5	Saturday Distance	Patio†	10:00am	10:45am‡
6A	Saturday 10 & Under	1:30pm	1:30pm	2:00pm
6B	Saturday 11-12	3:30pm	3:30pm	4:00pm
7	Saturday Finals	6:30pm	6:45pm**	7:15pm
Sunday	Doors Open		6:45am	
8	Sunday Prelims	7:00am	7:30am	8:05am
9	Sunday Distance	Patio†	9:30am	10:15am‡
10A	Sunday 11-12	1:30pm	1:30pm	2:00pm
10B	Sunday 10 & Under	4:30pm	4:30pm	5:00pm
11	Sunday Finals	7:15pm	7:15pm**	7:45pm



**** 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.



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Warm-up Schedule

Session 1 – Friday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:00am	SCAR	SCAR	SCAR	SCAR	GMNY	JFAC, STAR	LIFE	LIFE
7:30am	LHY, CJAC, CAT	JAC, CBGC	NJRC, WMY	PAA, WW	STAC, PTAC	XCEL, RSA	OCY, MAY, RY	<i>Others</i>

Session 2A – Friday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
12:45pm	SCAR	GSCY, BB, RY	LHY, GMNY	LIFE, PAA, JFAC	XCEL, NJRC, STAR	PTAC, JAC, WW	CBGC, WMY, PPST, RSA	<i>Others</i>

Session 2B – Friday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
3:15pm	SCAR	XCEL, GMNY	LIFE, RSA	JAC, WW, WMY	LHY, CJAC, PPST, RYVM	NJRC, STAC, CBGC	PTAC, GSCY, BB, JFAC	<i>Others</i>

Session 3 – Friday Finals

	L1	L2	L3	L4	L5	L6	L7	L8
5:15pm	<i>Open Warm-Up</i>							



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Warm-up Schedule

Session 4 – Saturday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:00am	SCAR	SCAR	SCAR	SCAR	XCEL, OCY	LHY, WW, HACY	PSA, PTAC, CAT	STAC, BB, RY
7:30am	LIFE	LIFE	GMNY	NJRC, MDY	JFAC, WMY	PAA, STAR	JAC, CBGC	<i>Others</i>

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 6A – Saturday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
1:30pm	SCAR	XCEL, CJAC, STAC	NJRC, JFAC	JAC, WW, RSA	LIFE, LHY, MYM	GMNY, PTAC, RY, WMY	CBGC, BB, GSCY, MDY	<i>Others</i>

Session 6B – Saturday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
3:30pm	SCAR, BB	GSCY, JAC, WMY	LHY, WW, JFAC	NJRC, RSA, EAG	XCEK, PTAC	CBGC, GMNY, RY, HACY	LIFE, PPST	<i>Others</i>

Session 7 – Saturday Finals

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



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Warm-up Schedule

Session 8 – Sunday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:00am	SCAR	SCAR	SCAR	SCAR	JFAC	JAC	LIFE	LIFE
7:30am	GMNY, NJB	LHY, CJAC	NJRC	PAA, PTAC	STAC, XCEL, CAT	BB, OCY, RSA	WW, CBGC, WMY, RY	<i>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 10A – Sunday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
1:30pm	SCAR	SCAR, GSCY	LHY, NJRC	XCE, GMNY, WMY	CBGC, PTAC, BB, PPST	WW, JAC, RY, PAA	RSA, EAG, MAY, JFAC, MDY	<i>Others</i>

Session 10B – Sunday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
4:30pm	SCAR	LIFE, CJAC, STAC, STAR	NJRC, BB, RSA, RVYM	XCEL, WW, JAC, PPST	LHY, GSCY, BWTD, STAC	JAC, RY, MYM, MAY	PTAC, GMNY, JFAC, OCY	<i>Others</i>

Session 11 – Sunday Finals

	L1	L2	L3	L4	L5	L6	L7	L8
7:15pm	<i>Open Warm-Up</i>							



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Timing Assignments

Session 1 – Friday Prelims

L1	L2	L3	L4	L5	L6	L7	L8
CBGC	GMNY	JAC	LHY	WMY	WW	OCY	STAC
Backups: SCY, XCEL, LIFE							

Session 2A – Friday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	GSCY	LHY	XCEL	WW	CBGC	WMY	PAA
Backups: NJRC, RSA, PPST							

Session 2B – Friday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
GMNY	BB	RSA	PTAC	WW	NJRC	LHY	LIFE
Backups: JAC, GSCY, JFAC							

Session 3 – Friday Finals

L1	L2	L3	L4	L5	L6	L7	L8
JFAC	PAA	LIFE	BB	NJRC	RSA	PTAC	STAR
Backups: LIFE, JFAC, PAA							



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Timing Assignments

Session 4 – Saturday Prelims

L1	L2	L3	L4	L5	L6	L7	L8
WMY	STAR	CBGC	WW	OCY	BB	STAC	PTAC
Backups: RSA, XCEL, JAC							

Session 5 – Saturday Distance

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

Session 6A – Saturday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	RY	NJRC	CBGC	XCEL	GMNY	PTAC	JAC
Backups: JFAC, RSA, LHY							

Session 6B – Saturday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
EAG	BB	RSA	LIFE	XCEL	GMNY	PTAC	CBGC
Backups: JAC, PPST, GSCY							



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Timing Assignments

Session 7 – Saturday Finals

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	JFAC	PAA	OCY	NJRC	JAC	RSA	PTAC
Backups: LHY, STAC, XCEL							

Session 8 – Sunday Prelims

L1	L2	L3	L4	L5	L6	L7	L8
CBGC	WW	OCY	XCEL	STAC	JAC	LHY	GMNY
Backups: LIFE, RY, WMY							

Session 9 – Sunday Distance

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



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Timing Assignments

Session 10A – Sunday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
RY	BB	EAG	LIFE	GMNY	XCEL	PTAC	GSCY
Backups: LHY, CBGC, JAC							

Session 10B – Sunday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
RY	LIFE	BB	PTAC	XCEL	GMNY	NJRC	JFAC
Backups: LHY, JAC, CJAC							

Session 11 – Sunday Finals

L1	L2	L3	L4	L5	L6	L7	L8
BB	PAA	JFAC	NJRC	LIFE	PTAC	RSA	STAR
Backups: OCY, JAC, STAC							

