

2025 NJS, SCAR LC Gold Championships Thursday-Sunday July 24th-28th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Thursday	Doors Open		4:15pm	
1A	13 & Over 1500 Free	4:30pm	4:30pm	5:05pm
1B	11-12 1500 Free	7:15pm	7:15pm	7:45pm
Friday	Doors Open		6:45am	
2	Friday Prelims	7:00am	7:30am	8:05am
3A	Friday 11-12	1:00pm	1:00pm	1:40pm
3B	Friday 10 & Under	3:20pm	3:20pm	4:00pm
4	Friday Finals	5:30pm	5:45pm**	6:15pm
Saturday	Doors Open		6:45am	
5	Saturday Prelims	7:00am	7:30am	8:05am
6	Saturday Distance	Patio†	10:00am	10:45am‡
7A	Saturday 10 & Under	12:20pm	12:20pm	1:00pm
7B	Saturday 11-12	3:00pm	3:00pm	3:40pm
8	Saturday Finals	6:15pm	6:30pm**	7:00pm
Sunday	Doors Open		6:45am	
9	Sunday Prelims	7:00am	7:30am	8:05am
10	Sunday Distance	Patio†	9:45am	10:30am‡
11A	Sunday 11-12	12:05pm	12:05pm	12:45pm
11B	Sunday 10 & Under	3:25pm	3:25pm	4:05pm
12	Sunday Finals	6:30pm	6:45pm**	7:15pm



**** 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 1A – Thursday 13 & Over 1500 Freestyle

4:30pm

Open Warm-Up All Lanes

Session 1B – Thursday 11-12 1500 Freestyle

7:15pm

Open Warm-Up All Lanes

Session 2 – Friday Prelims

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

Session 3A – Friday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
1:00pm	SCAR	SCAR/XCEL BB	JAC/MAY	NJRC/LHY	LIFE/PTAC	WW/JSY/ PAA/RSA	CAT/WMY CBGC/EAG RY	<i>Others</i>

Session 3B – Friday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
3:20pm	SCAR	SCAR XCEL/PAA	LHY/JAC MYM	NJRC/WW PTAC	CAT/RY STAR/JSY	LIFE/JFAC RSA	BB/OCY STAC/CBGC	<i>Others</i>

Session 4 – Friday Finals

5:30pm

Open Warm-Up All Lanes



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Warm-up Schedule

Session 5 – Saturday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:00am	SCAR	SCAR	SCAR	SCAR	SCAR	PAA/PPST	JAC/CBGC	WW/STAC
7:30am	LIFE	LIFE/OCY	JSY/PTAC	LHY/NJRC	JFAC/XCEL MAY	CBGC/RSA ACE/EEX	BB/CAT MYM/STAR	<i>Others</i>

Session 6 – Saturday Distance

As Available	<i>Start warm-up in patio, then move to main pool when available</i>
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Session 7A – Saturday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
12:20pm	SCAR STAC	SCAR/JSY ACE/CJAC	XCEL/RV	LHY/CAT/BB	LIFE/PTAC OCY	NJRC/PAA RSA	JAC/STAR MYM/CBGC	<i>Others</i>

Session 7B – Saturday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
3:00pm	SCAR	SCAR/BB PTAC/RV	JAC/WMY SCY	NJRC/CAT EAG	LHY/CBGC XCEL	JSY/MAY WW	LIFE/PAA RSA	<i>Others</i>

Session 8 – Saturday Finals

6:15pm	<i>Open Warm-Up All Lanes</i>
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Warm-up Schedule

Session 9 – Sunday Prelims

	L1	L2	L3	L4	L5	L6	L7	L8
7:00am	SCAR	SCAR	SCAR	SCAR	PAA	RSA/PTAC	XCEL/STAC EEX/STAR	OCY/WW
7:30am	LIFE	JAC	LHY/SCY	JSY/MYM	NJRC/JFAC	ACE/CJAC PPST	<i>Others</i>	

Session 10 – Sunday Distance

As Available	<i>Start warm-up in patio, then move to main pool when available</i>							
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Session 11A – Sunday 11-12

	L1	L2	L3	L4	L5	L6	L7	L8
12:05pm	SCAR	SCAR/JAC	NJRC/WW/Ry	LHY/PAA/ EAG/WMY	LIFE/MAY/ CAT	XCEL/RSA/ CBGC/MYM	JSY/PTAC/ BB/ACE	<i>Others</i>

Session 11B – Sunday 10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
3:25pm	SCAR STAC	SCAR/RSA PAA/JSY	XCEL/CAT CBGC	LHY/Ry/BB	JAC/MYM OCY/JFAC SCY	LIFE/WW	NJRC/PTAC/ STAR	<i>Others</i>

Session 12 – Sunday Finals

6:30pm	<i>Open Warm-Up All Lanes</i>							
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2025 NJS/SCAR Gold Championships

Timing Assignments

Each timing assignment is one timer. Two people may split the shift if desired

Sessions 1A & 1B – Thursday 1500 Freestyle

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

Session 2 – Friday Prelims

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	JFAC	PTAC	STAC	MYM	WMY	HACY	BB
Backups: JAC, JSY, PAA							

Session 3A – Friday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
MAY	LIFE	JAC	NJRC	LHY	XCEL	WW	PTAC
Backups: MAY, JSY, PAA							

Session 3B – Friday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	JAC	CAT	RY	STAR	MYM	PAA	XCEL
Backups: LHY, NJRC, WW							

Session 4 – Friday Finals

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	PAA	STAR	XCEL	MAY	RSA	LIFE	LHY
Backups: JAC, JSY, WW							

Session 5 – Saturday Prelims

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

Session 6 – Saturday Distance

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

Session 7A – Saturday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
XCEL	CBGC	LIFE	OCY	PTAC	STAR	RY	CAT
Backups: JAC, LHY, PAA							



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Timing Assignments

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Session 7B – Saturday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
NJRC	LIFE	JAC	BB	XCEL	LHY	MAY	JSY
Backups: RSA, CBGC, WW							

Session 8 – Saturday Finals

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

Session 9 – Sunday Prelims

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

Session 10 – Sunday Distance

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

Session 11A – Sunday 11-12

L1	L2	L3	L4	L5	L6	L7	L8
NJRC	LIFE	JSY	RSA	MAY	PAA	WW	WMY
Backups: RY, PTAC, CAT							

Session 11B – Sunday 10 & Under

L1	L2	L3	L4	L5	L6	L7	L8
LHY	XCEL	JAC	LIFE	OCY	BB	CBGC	RY
Backups: STAR, PTAC, RSA							

Session 12 – Sunday Finals

L1	L2	L3	L4	L5	L6	L7	L8
PAA	LIFE	STAR	XCEL	NJRC	LHY	WW	JSY
Backups: JAC, OCY, JFAC							

