



2020 SILVER/BRONZE REGIONAL "C" CHAMPIONSHIP
Hosted by SCARLET AQUATIC CLUB AT NEWARK ACADEMY

SCHEDULE OF SESSION TIMES

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>	<i>(WILL NOT START BEFORE)</i>
SAT	1	All 10/Unders	7:00AM	7:40AM	8:20AM	
SAT	2	10/U 500 Frees	11:30AM	11:30AM	11:45AM	NOT BEFORE THESE TIMES
SAT	3	All 11/12's	12:10PM	12:50PM	1:30PM	NOT BEFORE THESE TIMES
SAT	4	11/12 1000's	4:45PM	4:45PM	5:00PM	NOT BEFORE THESE TIMES
SUN	5	8/U's & 10/Unders	7:00AM	7:40AM	8:20AM	
SUN	6	All 11/12's	12:25PM	1:05PM	1:45PM	NOT BEFORE THESE TIMES
SUN	7	11/12 1650'S	4:45PM	4:45PM	5:00PM	NOT BEFORE THESE TIMES

TIMING ASSIGNMENTS

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	<u>ALTERNATES:</u>
SAT	1	10/Unders	SCAR-R	CBGC	CCC	DESC	JG	FSPY	SCY, ACE
SAT	2	10/U 500 Frees	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS						
SAT	3	All 11/12's	ACE	RA	SCY	DESC	TWST	SCAR-R	CCC, JG
SAT	4	11/12 1000's	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS						
SUN	5	8/U'S & 10/Unders	SCAR-R	FSPY	SCY	TWST	JG	CBGC	STAR, CCC
SUN	7	All 11/12's	WAVE	SWST	STAR	CCC	DESC	RA	SCAR-R, CBGC
SUN	8	11/12 1650'S	SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS						

*Timers need to have their own stopwatches and teams need to cover their lane for the entire session.
 Teams with no specific assignments are asked to be ready to provide backup timers when called.*



WARMUP ASSIGNMENTS FOR NEWARK ACADEMY

6 LANES

SATURDAY

	10/UNDERS			ALL 11/12's		
	7:00AM	7:25AM	7:50AM	12:10PM	12:35PM	1:00PM
L1	SCAR-E	CBGC	JG	SCAR-E	SCAR-R	DESC
L2	SCAR-E	CBGC	JG/FSPY	SCAR-E	SCAR-R	SCY
L3	SCAR-E	CCC	FSPY	SCAR-E	SCAR-R	RA
L4	SCAR-R	CCC/SWST	DESC	SCAR-E	CBGC	CCC
L5	SCAR-R	SCY	DESC/WAVE	TWST	CBGC	CCC/SWST
L6	TWST	ACE	RA	JG	ACE	WAVE/FSPY

SUNDAY

	8/U's & 10/UNDERS			ALL 11/12's		
	7:00AM	7:15AM	7:45AM	12:25PM	12:50PM	1:15PM
L1	SCAR-E	SCAR-E	FSPY	SCAR-E	SCAR-R	CBGC
L2	SCAR-E/CBGC	SCAR-E/R	CBGC	SCAR-E	SCAR-R	CBGC/CCC
L3	FSPY/ACE	SCAR-R	JG/WAVE	SCAR-E	SCAR-R/FSPY	CCC
L4	JG/TWST	SCAR-R	DESC/SWST	SCAR-E	JG	ACE
L5	CCC/DESC/SWST	CCC	TWST/STAR	DESC	SCY	STAR
L6	RA/SCY/STAR	CCC/RA	ACE/SCY	RA	TWST	SWST/WAVE
	8/U's ONLY	10/UNDERS*				

**Sunday AM, coaches can warm-up 8/u's with their 10/Us if they prefer.*