2026 Cougar Caitlin Lehmann Memorial Meet Friday-Saturday November 20th-21st

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
Friday	Doors Open		**4:45pm**	
1	13 & Over	5:00pm	**5:30pm**	6:05pm
Saturday	Doors Open		**9:00am**	
2	12 & Under	9:15am	**9:35am**	10:10am
3	Distance	XXX	**12:00pm**	12:30pm**
4	13 & Over	1:15pm	**1:45pm**	2:20pm

****Session will not start before this time**

Warm-up Schedule

Friday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
5:00pm	CAT	CAT	CAT	CAT	CAT	CAT	CAT	CAT
5:30pm	CAT	CAT	CAT	CAT	STAC	STAC	STAC	WAVE/UN

Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
9:15am	CAT	CAT	CAT	CAT	CAT	CAT	CAT	CAT
9:40am	APEX	APEX	STAC	STAC	NJSD	NJSD/WAVE	ACR/UN	WWAT

Saturday Distance

	L1	L2	L3	L4	L5	L6	L7	L8
TBA	***All swimmers at conclusion of the am session***							

Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
1:15pm	CAT	CAT	CAT	CAT	CAT	CAT	CAT	NJSC
1:45pm	STAC	STAC	STAC	STAC	APEX	APEX	APEX	WAVE/ WWAT/UN

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Timing Assignments

Friday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
CAT	CAT	STAC	CAT	CAT	CAT	STAC	CAT
CAT	CAT	STAC	CAT	CAT	CAT	STAC	CAT
Alternates: *STAC, UN*							

Saturday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
WWAR	NJSD	APEX	CAT	CAT	STAC	UN	STAC
CAT	NJSD	APEX	CAT	CAT	STAC	WAVE	APEX
Alternates: *NJSD, UN*							

Saturday Distance

L1	L2	L3	L4	L5	L6	L7	L8
Swimmers provide their own timers and counters							

Saturday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
STAC	APEX	STAC	CAT	CAT	STAC	NJSD	UN/WAVE
APPEX	APEX	STAC	CAT	CAT	STAC	WWAT	CAT
Alternates: *NJSD, CAT*							