

2025 EEX Summer Short Course Jersey Open Saturday-Sunday July 19th-20th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
	Saturday Doors Open:		1:00pm	
1	Saturday Women	1:15pm	1:10pm	1:45pm
2	Saturday Men	4:30pm	4:25pm	5:00pm
	Sunday Doors Open:		1:00pm	
3	Sunday Women	1:15pm	1:10pm	1:45pm
4	Sunday 1650 Freestyle	**	3:25pm	4:00pm
5	Sunday Men	5:00pm	4:55pm	5:30pm

EEX

** Warm-up in dive pool during Session #3. Session will not start before 4:00pm

Warm-up Schedule

Session 1 – Saturday Women

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:15pm	LIFE	LIFE	LIFE	LIFE	LIFE	CAT/GSA	JFAC/PAA	JAC

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:15pm	SCAR	SCAR	SCAR	NJRC	NJRC/STAC	WW	RSA	CJAC/HQH

	Dive C	Dive B	Dive A
1:15pm	EEX	XXXXX	XXXX

Session 2 – Saturday Men

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
4:30pm	JAC	JAC	JAC/GSA	JFAC	PAA/HQH	CAT	LIFE	EEX/CJAC

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
4:05pm	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE	Girls Cool Down	
4:30pm	SCAR	SCAR	SCAR	NJRC	STAC	WW	WW/RSA	RSA



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Warm-up Schedule

Session 3 – Sunday Women

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
1:15pm	SCAR	SCAR	SCAR	NJRC	NJRC/STAC	WW	RSA	CJAC/HQH

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
1:15pm	LIFE	LIFE	LIFE	LIFE	LIFE/APEX	CAT/GSA	JFAC/PAA	JAC

	Dive C	Dive B	Dive A
1:15pm	EEX	XXXXX	XXXX

Session 4 – Sunday 1650 Freestyle

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
—	<i>Open Warm-up in the dive pool during Session 3</i>							

Session 5 – Sunday Men

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
5:00pm	SCAR	SCAR	SCAR	STAC	WW	WW/RSA	RSA	LIFE

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
4:35pm	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE	<i>Mile Cool Down</i>	
5:00pm	JAC	JAC	JAC/GSA	NJRC/JFAC	CAT	APEX	PAA/HQH	EEX/CJAC

Each warm-up is 25 minutes. At the end of each warm-up, there will be a 5-minute opportunity for teams warming up in the dive pool to conduct starts in the main pool.

Teams should use the same main pool lane number that they were assigned in the dive pool.



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Timing Assignments

Session 1 – Saturday Women

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	LIFE	SCAR	NJRC	STAC	WW	RSA	JAC
LIFE	LIFE	SCAR	SCAR	CJAC	CAT	JFAC	EEX
Backups: EEX, HQH, STAC							

Session 2 – Saturday Men

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	LIFE	SCAR	NJRC	STAC	WW	RSA	JAC
LIFE	LIFE	SCAR	SCAR	PAA	CAT	JFAC	JAC
Backups: EEX, GSA, HQH							

Session 3 – Sunday Women

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	LIFE	SCAR	NJRC	STAC	WW	RSA	JAC
LIFE	LIFE	SCAR	SCAR	APEX	CAT	JFAC	EEX
Backups: EEX, CJAC, HQH							

Session 4 – Sunday 1650 Freestyle

L1	L2	L3	L4	L5	L6	L7	L8
Swimmers provide their own timer & person to count							

Session 5 – Sunday Men

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	LIFE	SCAR	GSA	STAC	WW	RSA	JAC
LIFE	LIFE	SCAR	SCAR	PAA	CAT	APEX	JAC
Backups: EEX, CJAC, HQH							

