

2026 EEX Summer Short Course Jersey Open Saturday-Sunday July 18th-19th

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
	Saturday Doors Open:		11:00am	
1	Saturday Women	11:15am	11:45am	12:20pm
2	Saturday Men	2:35pm	3:05pm	3:40pm
	Sunday Doors Open:		11:00am	
3	Sunday Women	11:15am	11:45am	12:20pm
4	Sunday 1650 Freestyle	**	2:15pm	2:45pm
5	Sunday Men	4:00pm	4:30pm	5:05pm



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

Warm-up Schedule

Session 1 – Saturday Women

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
11:15am	RSA	RSA	WW	WW	JAC	XCEL	XCEL/SCAR	SCAR
11:45am	NJRC	NJRC	NJRC	NJRC	PTAC	STAC	CJAC	EEX

	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
11:15am	LIFE	LIFE	LIFE	LIFE	PDR	GSA/SCAR
11:45am	JFAC	PAA	JAC	Others		

Session 2 – Saturday Men

	Main 1	Main 2	Main 3	Main 4	Main 5	Main 6	Main 7	Main 8
2:35pm	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE	RSA	RSA
3:05pm	XCEL	XCEL/PTAC	PTAC	PAA	JFAC	COND	HQH	EEX

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
2:35pm	NJRC	NJRC	NJRC	STAC	STAC	STAC	WW	WW
3:05pm	SCAR	PDR	CJAC/GSA	NRG/BAC	Others			



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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
11:15am	SCAR	CJAC	STAC	JFAC	PAA	PTAC/GSA	PDR	EEX
11:45am	LIFE	LIFE	LIFE	LIFE	LIFE	XCEL	XCEL/JAC	JAC

	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
11:15am	NJRC	NJRC	NJRC	NJRC	WW	WW
11:45am	RSA	RSA	<i>Others</i>			

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
4:00pm	NJRC	NJRC	NJRC	NJRC	STAC	STAC	STAC	PAA
4:30pm	XCEL	XCEL/PTAC	PTAC	COND	PDR	SCAR	CJAC/GSA	SCAR

	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6	Dive 7	Dive 8
4:00pm	RSA	RSA	WW	WW	JAC	JAC	HQH	JFAC
4:30pm	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE	<i>Others</i>	

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	LIFE	NJRC	NJRC	NJRC	RSA	RSA
WW	WW	XCEL	SCAR	JAC	STAC	CJAC	PDR
<i>Backups: JFAC, PAA, PTAC</i>							

Session 2 – Saturday Men

L1	L2	L3	L4	L5	L6	L7	L8
LIFE	LIFE	LIFE	LIFE	NJRC	NJRC	STAC	STAC
JAC	JAC	RSA	RSA	WW	WW	XCEL	PTAC
<i>Backups: PAA, JFAC, COND</i>							

Session 3 – Sunday Women

L1	L2	L3	L4	L5	L6	L7	L8
RSA	RSA	NJRC	NJRC	NJRC	LIFE	LIFE	LIFE
JFAC	SCAR	PDR	JAC	SCAR	XCEL	WW	WW
<i>Backups: CJAC, STAC, GSA, PTAC</i>							

Session 4 – Sunday 1650 Freestyle

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

Session 5 – Sunday Men

L1	L2	L3	L4	L5	L6	L7	L8
NJRC	NJRC	STAC	STAC	LIFE	LIFE	LIFE	LIFE
RSA	RSA	WW	WW	JAC	JAC	PTAC	PAA
<i>Backups: JFAC, SCAR, HQH</i>							

