



## 2017 13/OVER SILVER/BRONZE REGION B CHAMPIONSHIP

**Hosted by EASTERN EXPRESS @ TCNJ**

*"Fly over" starts will be used throughout the meet*

### SCHEDULE OF SESSION TIMES

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	<u>WARM-UP</u>	<u>CHECK-IN</u>	<u>START</u>	(WILL NOT START BEFORE)
SAT	1	ALL MEN	9:30AM	10:00AM	10:35AM	
SAT	2	1650's	1:45PM	1:45PM	2:00PM	<b>NOT BEFORE THESE TIMES/ONE COMBINED HEAT</b>
SAT	3	ALL WOMEN	2:25PM	3:10PM	3:45PM	<b>NOT BEFORE THESE TIMES/THREE WARM-UPS</b>
SUN	4	ALL MEN	9:30AM	10:00AM	10:35AM	
SUN	5	1000's	1:30PM	1:30PM	1:45PM	<b>NOT BEFORE THESE TIMES/ONE COMBINED HEAT</b>
SUN	6	ALL WOMEN	2:05PM	2:35PM	3:25PM	<b>NOT BEFORE THESE TIMES/THREE WARM-UPS</b>

### TIMING ASSIGNMENTS

<u>DAY</u>	<u>SESSION</u>	<u>AGE</u>	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	<u>ALTERNATES:</u>
SAT	1	ALL MEN	MB	TAC	FOBY	NJRC	CJAC	PTAC	XCEL	HACY	STAC, SRAY
SAT	2	1650's	<i>SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS</i>								
SAT	3	ALL WOMEN	NJRC	CJAC	TAC	MB	FOBY	RA	RBY	PPST	HACY, PTAC
SUN	4	ALL MEN	MB	HACY	TAC	SRAY	FOBY	CJAC	NJRC	STAC	XCEL, RBY
SUN	5	1000's	<i>SWIMMERS PROVIDE OWN TIMERS, OWN WATCHES, AND COUNTERS</i>								
SUN	6	ALL WOMEN	STAC	PPST	RBY	RA	PTAC	CJAC	NJRC	TAC	HACY, SRAY

*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.*



## WARM-UP ASSIGNMENTS FOR TCNJ

8 LANES

SATURDAY					
ALL MEN			ALL WOMEN		
	9:30AM	10:00AM	2:25PM	2:50PM	3:15PM
L1	MB	STAC	NJRC	MB	TAC
L2	MB	PTAC	NJRC	MB	TAC
L3	<b>EEX</b>	XCEL	STAC	MB	TAC
L4	TAC	HACY/SWAC	<b>EEX</b>	MB	RA
L5	TAC/FOBY	SRAY	<b>FOBY</b>	CJAC	RA/SWAC
L6	FOBY	RBY/WW	FOBY	CJAC	PPST/HOH
L7	NJRC	PPST/PENN	RBY	PTAC	HACY/HCY
L8	CJAC	SWST/RA	RBY	XCEL/WW	SRAY/PENN

SUNDAY					
ALL MEN			ALL WOMEN		
	9:30AM	10:00AM	2:05PM	2:30PM	2:55PM
	MB	TAC	MB	NJRC	PTAC
	MB	TAC/SWAC	MB	NJRC	PTAC
	PTAC	FOBY	MB	STAC	RA
	<b>EEX</b>	FOBY/PENN	MB	CJAC	RA
	STAC	CJAC	<b>EEX</b>	CJAC	RBY
	XCEL	NJRC	TAC	FOBY	HACY
	HACY/WW	RBY/PPST	TAC	XCEL	PENN
	SRAY	RA/SWST	PPST	SRAY	<b>all others</b>

***The diving well is also available for warm-up and cool down.***