



2019 HAC VETERANS' DAY MEET AT NJIT

Fly over starts will be used

WARM-UP ASSIGNMENTS

LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8

SATURDAY AM: ALL TEAMS

7:50AM

ALL 10/UNDERS

8:15AM

ALL 11/12S

8:40AM

ALL 13/OVERS

CHECK -IN BY 8:35AM; START AT 9:10AM

REVISED TIMES

SUNDAY AM (EARLIER START): ALL TEAMS

6:55AM

ALL 10/UNDERS

7:20AM

ALL 11/12S

7:45AM

ALL 13/OVERS

CHECK -IN BY 7:30AM; START AT 8:15AM

At the conclusion of the main session, there will be a 15 minute warm-up for the distance events both days.

TIMING ASSIGNMENTS

SESSIONS:	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	ALTS
SAT AM	NJRC	LIFE	PAC	ACE	SWST	BGH	NJRC	LIFE	PAC, ACE
500 FREE	<i>Swimmers will provide their own timer and lap counter</i>								
SUN AM	NJRC	PAC	LIFE	ACE	SWST	BGH	STAR	PAC	STAR, SWST
400 Ims	<i>Swimmers will provide their own timer</i>								

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