

2025 HACY Summer Solstice Saturday-Sunday May 31st - June -1st

Meet Schedule

Session	Age Group	Warm-Up	Check-In	Start
	<i>Saturday Doors Open:</i>		7:15am	
1	Saturday 13 & Over	7:30am	8:00am	8:35am
2	Saturday 400s	**	12:25pm	**1:00pm
3	Saturday 12 & Under	1:50pm	2:05pm	2:45pm
	<i>Sunday Doors Open:</i>		7:15am	
4	Sunday 13 & Over	7:30am	8:00am	8:35am
5	Sunday 400s	**	12:10pm	**12:45pm
6	Sunday 12 & Under	1:35pm	1:50pm	2:30pm



****Warm-up will start at the conclusion of the 13 & Over Session
Session will not start before the time indicated**

Warm-up Schedule

Session 1 – Saturday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
7:30am	HACY	HACY/LT	CAT	CAT	CAT	OCY	OCY/WFY	WMY
8:00am	WY	APEX	BWTD	PAA	PPST	RAYS/KJAY	RVYM/BYNS	ACE/NJSD

Session 2 – Saturday 400 IM

	L1	L2	L3	L4	L5	L6	L7	L8
Open Warm-Up After 13 & Over session								



2025 HACY Summer Solstice Saturday-Sunday May 31st - June -1st

Warm-up Schedule

Session 3 – Saturday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
1:50pm	HACY/LT	WFY	WFY	WFY/RVYM	WY	WY/BYNS	OCY	OCY/RAYS
2:15pm	CAT	CAT	CAT/ACE	WMY	APEX	PPST	NJSD	BWTD

Session 4 – Sunday 13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
7:30am	HACY	HACY	CAT	CAT	CAT	OCY	OCY	PPST
8:00am	WMY	BWTD	APEX	WY	PAA	RVYM/LIFE	BYNS/ACE	WFY/RAYS

Session 5 – Saturday 400 Freestyle

	L1	L2	L3	L4	L5	L6	L7	L8
Open Warm-Up After 13 & Over Session								

Session 6 – Sunday 12 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
1:35pm	HACY	WFY	WFY	WFY	WY	WY	CAT	CAT
2:00pm	WMY	APEX	OCY	PPST	BYNS	BWTD	RVYM	ACE/LIFE



2025 HACY Summer Solstice Saturday-Sunday May 31st - June 1st

Timing Assignments

Session 1 – Saturday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
PAA	BWTD	APEX	CAT	HACY	OCY	WMY	WY
PPST	RVYM	WFY	ACE	HACY	NJSD	KJAC	RAYS
<i>Alternates: HACY, CAT, OCY</i>							

Session 2 – Saturday 400 IM

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers</i>							

Session 3 – Saturday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
WMY	CAT	WY	HACY	WFY	APEX	PPST	NJSD
OCY	CAT	WY	HACY	WFY	RVYM	ACE	BWTD
<i>Alternates: HACY, OCY, WMY</i>							

Session 4 – Sunday 13 & Over

L1	L2	L3	L4	L5	L6	L7	L8
PPST	WY	OCY	HACY	CAT	WMY	BWTD	APEX
PAA	RVYM	OCY	HACY	CAT	BYNS	WFY	RVYM
<i>Alternates: HACY, BYNS, WFY</i>							

Session 5 – Sunday 400 Freestyle

L1	L2	L3	L4	L5	L6	L7	L8
<i>Swimmers provide their own timers</i>							

Session 6 – Sunday 12 & Under

L1	L2	L3	L4	L5	L6	L7	L8
APEX	WMY	WY	HACY	WFY	CAT	OCY	PPST
ACE	RVYM	WY	HACY	WFY	CAT	BWTD	BYNS
<i>Alternates: HACY, WMY, APEX</i>							

