

2023 MB Sprints Saturday January 28th

Meet Schedule



Session	Age Group	Warm-Up	Check-In	Start
1	10 & Under	6:40am	7:10am	7:45am
2	11-12	11:35am	11:55am	12:30pm
3	13 & Over	3:25pm	4:10pm	4:45pm

Warm-up Schedule

10 & Under

	L1	L2	L3	L4	L5	L6	L7	L8
6:40am	MB	MB	MB	MB	MB	MB	MB	JG
7:00am	NJRC	NJRC	NJRC	NJRC	NJRC	NJRC	SCAR	SCAR
7:20am	CJAC	CJAC	CJAC	PAA	PAA	PAA	TAC	TAC

11-12

	L1	L2	L3	L4	L5	L6	L7	L8
11:35am	MB	MB	MB	MB/UN	NJRC	NJRC	NJRC	NJRC
12:00pm	PAA	PAA	CJAC	CJAC	TAC	TAC	SCAR	SCAR

13 & Over

	L1	L2	L3	L4	L5	L6	L7	L8
3:25pm	MB	MB	MB	MB	MB	MB	PAA	PAA
3:50pm	NJRC	NJRC	NJRC	NJRC	NJRC	NJRC	NJRC	UN
4:15pm	SCAR	SCAR	SCAR	JG	JG/CJAC	CJAC	TAC	TAC

MB will be providing all timers

The 400 IMs will follow the 13 & Over session after a brief warmup to allow for event seeding