

2026 STAC Silver/Bronze Champs Region D Reschedule Sunday 11-12 Sessions on Saturday February 28th

Meet Schedule

Day	Session	Age Group	Warm-Up	Check-In	Start	
Sunday	6	11/12	9:00am	9:45am	10:20am	Three Warm-Ups
Sunday	7	11-12 1650 Free	‡	12:45pm	Not before 1:15pm	10-Minute Warm-Up

‡ 10-minute warm-up at the end of Session 6

Warm-up Schedule

Sunday 11-12

	L1	L2	L3	L4	L5	L6
9:00am	STAC	STAC	STAC/HQH	BWTD	BWTD	BWTD
9:25am	NJRC	NJRC	NJRC	STAR	STAR	BAC
9:50am	JSY	JSY	JSY	JSY	HQH/MDY/WAVE	

Sunday 11-12 1650 Freestyle

	L1	L2	L3	L4	L5	L6
TBA	<i>Open Warmup</i>					

Timing Assignments

Sunday 11-12

L1	L2	L3	L4	L5	L6	Alt
STAR	NJRC	BWTD	STAC	JSY	BAC	HQH/MDY
STAC	NJRC	BWTD	STAC	JSY	STAC	STAC

Sunday 11-12 1650 Freestyle

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

