



2026 NJ YMCA 13 Over State Championships Warm-Up Schedule

Thursday		
Session 1 – Freestyle Distance Finals		
Warm-up – 5:30pm		
Scratches Due – 5:30pm		
Start – 6:15pm		
Lane	Main	Window
1	FSPY	JSY
2	FSPY	JSY
3	WMY	JSY
4	WY	GSCY
5	SAY	GSCY
6	MAY/OCY	LHY
7	RY/SCY	LHY
8	WFY	HACY
9-12		

Friday		
Session 2 – 15-21 Preliminaries 1st Warm-up		
Warm-up – 7:15am		
Scratches Due – 7:30am		
Start – 8:15am		
Lane	Main	Window
1	JSY	FSPY
2	JSY	FSPY
3	JSY	FSPY
4	JSY	WFY
5	JSY	WFY
6	OCY	WMY
7	OCY	WMY
8	HACY	SCY
9-12		

Friday		
Session 2 – 15-21 Preliminaries 2nd Warm-up		
Warm-up – 7:40am		
Lane	Main	Window
1	LHY	GSCY
2	LHY	GSCY
3	LHY	GSCY
4	LHY	GSCY
5	WY	GSCY
6	MAY	GSCY
7	SAY	WY
8	SAY	<i>Others</i>
9-12		<i>Others</i>

Friday		
Session 3 – 13-14 Preliminaries 1st Warm-up		
Warm-up – 10:15am		
Scratches Due – 10:30am		
Start – 11:15am		
Lane	Main	Window
1	GSCY	LHY
2	GSCY	LHY
3	GSCY	LHY
4	GSCY	LHY
5	GSCY	WY
6	GSCY	WY
7	FSPY	MYM/RY
8	FSPY	RY
9-12		

Friday		
Session 3 – 13-14 Preliminaries 2nd Warm-up		
Warm-up – 10:40am		
Lane	Main	Window
1	JSY	WFY
2	JSY	WFY/WMY
3	JSY	WMY
4	JSY	HACY
5	MAY	HACY/OCY
6	MAY	OCY
7	GMY	SCY
8	SAY	<i>Others</i>
9-12		<i>Others</i>

Friday		
Session 4 – Finals		
Warm-up – 5:05pm		
Relay Cards Due – 5:30pm		
Start – 6:00pm		
Lane	Main	Window
1	Open Warm-Up No Lane Assignments	
2		
3		
4		
5		
6		
7		
8		
9-12		





2026 NJ YMCA 13 Over State Championships Warm-Up Schedule

Saturday					
Session 5 – 15-21 Preliminaries 1st Warm-up			Session 5 – 15-21 Preliminaries 2nd Warm-up		
Warm-up – 7:15am			Warm-up – 7:40am		
Scratches Due – 7:30am					
Start – 8:15am					
Lane	Main	Window	Lane	Main	Window
1	JSY	GSCY	1	FSPY	LHY
2	JSY	GSCY	2	FSPY	LHY
3	JSY	GSCY	3	FSPY	LHY
4	JSY	GSCY	4	SAY	LHY
5	JSY	GSCY	5	SAY	WY
6	JSY	GSCY	6	WMY	SCY
7	OCY	WFY	7	WMY	GMY/HCY
8	OCY	WFY	8	HACY	<i>Others</i>
9-12			9-12		<i>Others</i>

Saturday					
Session 6 – 13-14 Preliminaries 1st Warm-up			Session 6 – 13-14 Preliminaries 2nd Warm-up		
Warm-up – 10:00AM			Warm-up – 10:25am		
Scratches Due – 10:15am					
Start – 11:00am					
Lane	Main	Window	Lane	Main	Window
1	LHY	JSY	1	RY	GSCY
2	LHY	JSY	2	RY	GSCY
3	LHY	JSY	3	WMY	GSCY
4	LHY	FSPY	4	WMY	GSCY
5	WY	FSPY	5	WFY	HACY
6	WY	FSPY	6	WFY	HCY
7	WY	MAY	7	OCY	SCY
8	SAY	MAY	8	GMY	<i>Others</i>
9-12			9-12		<i>Others</i>

Saturday		
Session 7 – Finals		
Warm-up – 5:05pm		
Relay Cards Due – 5:30pm		
Start – 6:00pm		
Lane	Main	Window
1	Open Warm-Up No Lane Assignments	
2		
3		
4		
5		
6		
7		
8		
9-12		





2026 NJ YMCA 13 Over State Championships Warm-Up Schedule

Sunday					
Session 8 – 15-21 Preliminaries 1st Warm-up			Session 8 – 15-21 Preliminaries 2nd Warm-up		
Warm-up – 8:00am			Warm-up – 8:25am		
Scratches Due – 8:15am					
Start – 9:00am					
Lane	Main	Window	Lane	Main	Window
1	FSPY	JSY	1	LHY	GSCY
2	FSPY	JSY	2	LHY	GSCY
3	FSPY	JSY	3	LHY	GSCY
4	FSPY	JSY	4	LHY	GSCY
5	WFY	JSY	5	OCY	GSCY
6	WFY	JSY	6	OCY	GSCY
7	WMY	SAY	7	WY	MYM/RY
8	WMY	HACY	8	SCY	<i>Others</i>
9-12			9-12		<i>Others</i>

Sunday					
Session 9 – 13-14 Preliminaries 1st Warm-up			Session 9 – 13-14 Preliminaries 2nd Warm-up		
Warm-up – 10:45am			Warm-up – 11:10am		
Scratches Due – 11:00am					
Start – 11:45am					
Lane	Main	Window	Lane	Main	Window
1	GSCY	LHY	1	JSY	RY
2	GSCY	LHY	2	JSY	RY
3	GSCY	LHY	3	JSY	WFY
4	GSCY	FSPY	4	JSY	WFY
5	MAY	FSPY	5	GMY	WMY
6	MAY	FSPY	6	MYM	OCY
7	WY	HACY	7	HCY	SAY
8	WY	RVYM	8	MLY/MDY	SCY
9-12			9-12		

Sunday		
Session 10 – Finals		
Warm-up – 5:35pm		
Relay Cards Due – 6:00pm		
Start – 6:30pm		
Lane	Main	Window
1	Open Warm-Up No Lane Assignments	
2		
3		
4		
5		
6		
7		
8		
9-12		





2026 NJ YMCA 13 Over State Championships Timing Assignments

Day	Session	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Back-up
Thursday	1 – Distance	Swimmers provide their own Timers & Counters								
Friday	2 – 15-21 Prelims **	GSCY	GSCY	WFY	OCY	SCY	FSPY	LHY	LHY	MAY
		GSCY	GSCY	WMY	SAY	HACY	FSPY	WY	LHY	MYM/RVY
	3 – 13-14 Prelims **	WMY	RY	MAY	FSPY	WY	LHY	GSCY	GSCY	SAY/HCY
		HACY	WFY	MAY	FSPY	WY	LHY	OCY	GSCY	RVYM
	4 – Relays & Finals	LHY	LHY	FSPY	GSCY	GSCY	WFY	WMY	WY	RY/GMY
		LHY	FSPY	FSPY	GSCY	GSCY	HACY	SAY	OCY	SCY
Saturday	5 – 15-21 Prelims	WFY	FSPY	LHY	LHY	GSCY	GSCY	SAY	WY	SCY/GMY
		OCY	FSPY	FSPY	LHY	GSCY	GSCY	WMY	HACY	HCY
	6 – 13-14 Prelims	WY	FSPY	LHY	LHY	GSCY	GSCY	WMY	SAY	GMY/HACY
		MAY	RY	LHY	LHY	GSCY	GSCY	WFY	OCY	HCY
	7 – Relays & Finals	LHY	LHY	FSPY	GSCY	GSCY	WFY	WMY	WY	RY/GMY
		LHY	FSPY	FSPY	GSCY	GSCY	HACY	SAY	OCY	SCY
Sunday	8 – 15-21 Prelims **	WFY	OCY	SAY	FSPY	LHY	LHY	GSCY	GSCY	SCY/MYM
		WMY	HACY	WY	FSPY	FSPY	LHY	GSCY	GSCY	RY/MLY
	10 – 13-14 Prelims **	GSCY	GSCY	LHY	LHY	FSPY	WY	WFY	OCY	SCY/HACY
		GSCY	GSCY	LHY	MAY	FSPY	RY	WMY	SAY	HCY/RVYM
	12 – Relays & Finals	LHY	LHY	FSPY	GSCY	GSCY	WFY	WMY	WY	RY/GMY
		LHY	FSPY	FSPY	GSCY	GSCY	HACY	SAY	OCY	SCY
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Back-up

Notes:

**

For the last event of these sessions (400 IM & 500 Free) the timers will be split to cover both pools.

