**2016 BAC Gold Silver Fall Splash**

**Hosted by Berkeley Aquatic Club at the Berkeley Aquatic Center of Excellence**

**Saturday October 8th, 2016**

(Doors Open at 9:15 AM)

**Meet Schedule**

|  |  |  |
| --- | --- | --- |
|  | **Warm-Up** | **Start** |
| **Session 1** (Saturday Mixed Gender) | 10:00 AM - 10:40 AM(One 40 Minute Warm-Up Session) | 10:45 AM |
| **Session 2** (Saturday Mixed Gender) | 1:30 PM - 2:10 PM(One 40 Minute Warm-Up Session) | 2:15 PM |

**Warm-Up Schedule**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |
| **Session 1**(10:00 - 10:40) | BAC | BAC | BAC | BAC | ACE | ACE | MALT | MALT | NJBL | NRG |
| **Session 2** (1:30 - 2:10) |  | BAC | BAC | BAC | BAC | BAC | BAC | BAC | BAC |  |

**Warm-Up Notes:**

The sanctioning, and/or age group, and/or senior chairman must approve all new warm-up schedules.

**Warm-Ups will be run under New Jersey Swimming Warm-up and Safety Guidelines:**

(<https://www.teamunify.com/subtabgeneric.jsp?team=eznjslsc&_stabid_=69121>)

All swimmers are entitled to a fair and comparable warm-up.

All teams MUST get the same opportunities for general warm-up lanes, sprint lanes and pace lanes.

**Entry/Exit Into and Out of the Pool:**

All swimmers must enter the pool from the starting end of the pool.

All swimmers must enter feet first.

Swimmers must exit the pool at the start/turn ends, not on the side of the pool.

**New Jersey Swimming Officials will monitor Warm-Ups.**

Uniformed and designated Meet Marshals will also monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. Warm-ups will include general warm-up lanes, sprint lanes and pace lanes.

**PLEASE NOTE: Swimmers are prohibited from using any ‘gear’, ‘equipment’ or swimming aids during any warm-up or warm-down without formal approval from the Meet Referee in either the competition pool or the warm-up/warm-down pools.**

**Warm-Up Schedule:**

There will be one 40 minute warm-up before each session. Each session will begin 5 minutes after the conclusion of the corresponding warm-up.

**Timing Assignments**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **BAC/UN** | **ACE** | **MALT** | **NJBL** | **NRG** | **UN-MA** |
| **Session 1** | 10 | 3 | 3 | 2 | 2 | 0 |
| **Session 2** | 18 |  |  |  |  |  |

**Timing Notes:** Thank you to all teams for supporting the 2016 BAC Gold Silver Fall Splash by providing assistance with Timing. BAC will provide all watches and related supplies. If your families will be sharing a single assignment, we would ask that all families plan to participate in the timing Meeting as important, Meet specific, instructions will be provided.