**2019 NJS 13-14 and 15-19 Silver Bronze Championships**

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

**Saturday, March 2nd and Sunday, March 3rd, 2019**

(Doors Open at 8:30 AM on both Saturday and Sunday)

**Meet Schedule**

|  |  |  |
| --- | --- | --- |
|  | **Warm-Up** | **Start** |
| **Session 1**  (Boys) | 9:00 AM – 10:00 AM  (Two 30 Minute Warm-Up Sessions) | 10:05 AM |
| **Session 2**  (Mixed 1650 Freestyle) | 12:45 PM – 12:55 PM  (One 10 Minute Warm-Up Session) | 1:00 PM |
| **Session 3**  (Girls) | 1:30 PM – 2:30 PM  (Two 30 Minute Warm-Up Sessions) | 2:35 PM |
| **Session 4**  (Boys) | 9:00 AM – 10:00 AM  (Two 30 Minute Warm-Up Sessions) | 10:05 AM |
| **Session 5**  (Mixed 1000 Freestyle) | 12:40 PM – 12:50 PM  (One 10 Minute Warm-Up Session) | 12:55 PM |
| **Session 6**  (Girls) | 1:30 PM – 2:30 PM  (Two 30 Minute Warm-Up Sessions) | 2:35 PM |

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**Warm-Up Schedule**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 1 (Boys)** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up #1**  (9:00 – 9:30) | WEY | SHY | GMY | RY | BGCD  OCY | BGCD | BB | BAC  BB | BAC | BAC |  |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up #2**  (9:30 – 10:00) | LIFE | LIFE  NJB | CAT | CAT  WFY | JFAC | JFAC  WY | CCC | SAY | TWST | PAC  FSPY |  |

**Session 2 - Mixed 1650 Freestyle**

**12:45-12:55 (No Individual Lane Assignments)**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 3 (Girls)** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** | **Lane 11** |
| **Warm-Up #1**  (1:30 – 2:00) | WFY | WFY  LIFE | LIFE | CAT  PAC | CAT | RY  FSPY | RY | BAC  NJB | BAC | BAC | BAC |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** | **Lane 11** |
| **Warm-Up #2**  (2:00 – 2:30) | CCC | CCC | SHY | JFAC | JFAC  TWST | SAY | BGCD | OCY | GMY  WEY | BB  WY | BB |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 4 (Boys)** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up #1**  (9:00 – 9:30) | JFAC | JFAC  WY | LIFE | LIFE  WFY | CAT | CAT  PAC | CCC | SAY | TWST | NJB  FSPY |  |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up #2**  (9:30 – 10:00) | OCY  RHSC | WEY | GMY | BGCD | RY | BB  ACE | BB | BAC  SHY | BAC | BAC |  |

**Session 5 - Mixed 1000 Freestyle**

**12:40-12:50 (No Individual Lane Assignments)**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 6 (Girls)** | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up #1**  (1:30 – 2:00) | CCC | CCC  ACE | BB | BB  GMY | JFAC | JFAC  TWST | SAY | SAY  SHY | OCY | BGCD  WEY |  |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |  |
| **Warm-Up #2**  (2:00 – 2:30) | LIFE | WFY  NJB | WFY | RY  PAC | RY | CAT  WY | CAT | BAC  FSPY | BAC | BAC |  |

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**Timing Assignments**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **BAC** | **ACE** | **BB** | **BGCD** | **CAT** | **CCC** | **FSPY** | **GMY** | **JFAC** | **LIFE** | **NJB** | **OCY** | **PAC** | **RHSC** | **RY** | **SAY** | **SHY** | **TWST** | **WEY** | **WFY** | **WY** |
| **Session 1**  Boys | 10 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 2 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 |
| **Session 2**  Mixed 1650 Freestyle |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Session 3**  Girls | 10 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| **Session 4**  Boys | 10 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 |
| **Session 5**  Mixed 1000 Freestyle |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Session 6**  Girls | 10 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 |

**Timing Notes:** Thank you to all teams for supporting the 2019 NJS 13-14 and 15-19 Silver Bronze Championship Meet 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. (Athletes participating in the Distance Events (1000 and/or 1650 Freestyle) and the 500 Freestyle will be required to provide a timer. They may also provide a counter if desired.)