**2019 NJS Silver Bronze Championships – *Region A***

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

**Friday, July 12th through Sunday, July 14th, 2019**

**Meet Schedule**

(Doors Open at 2:45 PM Friday and 6:45 AM on Saturday and Sunday)

|  |  |  |
| --- | --- | --- |
|  | **Warm-Up** | **Start** |
| **Session 1 *(400 Free, 400 IM)***Friday, July 12th, 2019 | 3:15 PM – 3:55 PM(One 40 Minute Warm-Up Session) | 4:00 PM |
| **Session 2 *(10/Under)***Saturday, July 13th, 2019 | 7:00 AM – 7:40 AM(Two 20 Minute Warm-Up Session) | 7:45 AM |
| **Session 3 *(11/12)***Saturday, July 13th, 2019 | 10:30 AM – 11:10 AM(Two 20 Minute Warm-Up Session) | 11:15 AM |
| **Session 4 *(13/14)***Saturday, July 13th, 2019 | 2:15 PM – 2:55 PM(One 30 Minute Warm-Up Session) | 3:00 PM |
| **Session 5 *(15/Over)***Saturday, July 13th, 2019 | 6:00 PM – 6:40 PM(One 30 Minute Warm-Up Session) | 6:45 PM |
| **Session 6 *(10/Under)***Sunday, July 14th, 2019 | 7:00 AM – 7:40 AM(Two 20 Minute Warm-Up Session) | 7:45 AM |
| **Session 7 *(11/12)***Sunday, July 14th, 2019 | 10:30 AM – 11:10 AM(Two 20 Minute Warm-Up Session) | 11:15 AM |
| **Session 8 *(13/14)***Sunday, July 14th, 2019 | 2:15 PM – 2:55 PM(One 30 Minute Warm-Up Session) | 3:00 PM |
| **Session 9 *(15/Over)***Sunday, July 14th, 2019 | 6:00 PM – 6:40 PM(One 30 Minute Warm-Up Session) | 6:45 PM |

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**Warm-Up Schedule**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** | **Lane 9** | **Lane 10** |
| **Session 1** (3:15-3:55)  | BAC | BACNJB | LHY | LHYMAY | RY | RY | CATOCY | LIFEEAG | RANYNJBL | JFACSAY |
| **Session 2 *(1st WU)*** (7:00-7:20) | BAC | BAC | BAC/U | LHY | LHY | BGCD | ACENJBL | RANYOCY | SAYNJB | JFACSSCT |
| **Session 2 *(2nd WU)*** (7:20-7:40) | AQRCDESC | WEYCAT | MAYTWST | EAGSCY | CBGC | RY | RY | LIFESCNJ | LIFE | LIFE |
| **Session 3 *(1st WU)*** (10:30-10:50) | BAC | BAC | BACSCNJ | CAT | CAT/U | LHY | LHY | MAYAQRC | BGCDDESC | OCYSCY |
| **Session 3 *(2nd WU)*** (10:50-11:10) | EAGTWST | SAYACE | CBGCWEY | JFACSSCT | RANY | NJBL | LIFE | LIFE/U | RY | RY |
| **Session 4** (2:15-2:55) | BACTWSTAQRC | BACNJBLEAG | LHY | RYACE | JFACCBGC | BGCDMAY | SAYOCY | RANYSCY | CATDESC | LIFE/UNSSCTNJB |
| **Session 5** (6:00-6:40) | BACSCNJ | LHYWEY | CATEAG | RANY/UMAY | SAYNJBLSCY/U | BGCDOCY/U | NJBTWST | LIFECBGC | RYDESC | JFACACE |
| **Session 6 *(1st WU)*** (7:00-7:20) | WEYNJB | AQRCTWST | EAGSSCT | RANYOCY | ACE | RY | RY | LIFESCY | LIFE | LIFE |
| **Session 6 *(2nd WU)*** (7:20-7:40) | BAC | BAC | BACSCNJ | LHY | LHY | BGCD | CBGC | SAYDESC | MAYNJBL | JFACCAT |
| **Session 7 *(1st WU)*** (10:30-10:50) | EAGACE | TWSTDESC | OCYSAY | RANYSSCT | JFAC | NJBL | RY | RY | LIFE/U | LIFE |
| **Session 7 *(2nd WU)*** (10:50-11:10) | BAC | BAC | BACSCNJ | CAT | CAT/U | LHY | LHY | MAYSCY | BGCDAQRC | CBGCWEY |
| **Session 8** (2:15-2:55) | BACTWSTDESC | BACMAYWEY | LHYNJB | LHYOCYAQRC | RYCBGCEAG | RYRANY | BGCDCAT | SAYNJBLACE | LIFE/USSCT | JFACSCY |
| **Session 9** (6:00-6:40) | BACCBGCSCY/U | BACTWSTSCNJ | JFACACE | RYDESC | SAYOCY/U | NJBBGCD | RANY/UNJBL | CATMAY | LHYWEY | LIFEEAG |

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**Timing Assignments**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **BAC/U** | **ACE** | **AQRC** | **BGCD** | **CAT/U** | **CBGC** | **DESC** | **EAG** | **JFAC** | **LHY** | **LIFE/U** | **MAY** | **NJB** | **NJBL** | **OCY/U** | **RANY** | **RY** | **SAY** | **SCNJ** | **SCY/U** | **SSCT** | **TWST** | **WEY** |
| **Session 1****(400’s and Relays)** | 6 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| **Session 2****(10/Under)** | 6 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 2 | 3 | 1 | 0 | 0 | 0 | 1 | 2 | 1 | 0 | 0 | 0 | 0 | 1 |
| **Session 3****(11/12)** | 6 | 0 | 0 | 1 | 2 | 1 | 0 | 0 | 1 | 2 | 2 | 1 | 0 | 1 | 1 | 1 | 2 | 1 | 0 | 0 | 0 | 0 | 0 |
| **Session 4****(13/14)** | 9 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 2 | 2 | 1 | 0 | 1 | 0 | 1 | 2 | 1 | 0 | 0 | 0 | 0 | 0 |
| **Session 5****(15/Over)** | 9 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 2 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| **Session 6****(10/Under)** | 7 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 2 | 3 | 1 | 0 | 0 | 0 | 1 | 2 | 1 | 1 | 0 | 0 | 0 | 0 |
| **Session 7****(11/12)** | 7 | 0 | 0 | 1 | 2 | 0 | 0 | 0 | 1 | 2 | 2 | 1 | 0 | 1 | 1 | 1 | 2 | 0 | 0 | 0 | 0 | 1 | 0 |
| **Session 8****(13/14)** | 8 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 2 | 2 | 2 | 1 | 0 | 1 | 0 | 1 | 2 | 1 | 0 | 0 | 0 | 0 | 0 |
| **Session 9****(15/Over)** | 9 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 2 | 2 | 1 | 0 | 1 | 1 | 0 | 1 | 2 | 1 | 0 | 0 | 0 | 0 | 0 |

**Timing Notes:** Thank you to all teams for supporting the 2019 NJS LC 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. **PLEASE NOTE: Athletes competing in Friday evening’s Session (400 Freestyle and 400 IM Events) will need to provide a single timer.**