**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 |

**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**

**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 | BAC  NJB | LHY | LHY  MAY | RY | RY | CAT  OCY | LIFE  EAG | RANY  NJBL | JFAC  SAY |
| **Session 2 *(1st WU)***  (7:00-7:20) | BAC | BAC | BAC/U | LHY | LHY | BGCD | ACE  NJBL | RANY  OCY | SAY  NJB | JFAC  SSCT |
| **Session 2 *(2nd WU)***  (7:20-7:40) | AQRC  DESC | WEY  CAT | MAY  TWST | EAG  SCY | CBGC | RY | RY | LIFE  SCNJ | LIFE | LIFE |
| **Session 3 *(1st WU)***  (10:30-10:50) | BAC | BAC | BAC  SCNJ | CAT | CAT/U | LHY | LHY | MAY  AQRC | BGCD  DESC | OCY  SCY |
| **Session 3 *(2nd WU)***  (10:50-11:10) | EAG  TWST | SAY  ACE | CBGC  WEY | JFAC  SSCT | RANY | NJBL | LIFE | LIFE/U | RY | RY |
| **Session 4**  (2:15-2:55) | BAC  TWST  AQRC | BAC  NJBL  EAG | LHY | RY  ACE | JFAC  CBGC | BGCD  MAY | SAY  OCY | RANY  SCY | CAT  DESC | LIFE/UN  SSCT  NJB |
| **Session 5**  (6:00-6:40) | BAC  SCNJ | LHY  WEY | CAT  EAG | RANY/U  MAY | SAY  NJBL  SCY/U | BGCD  OCY/U | NJB  TWST | LIFE  CBGC | RY  DESC | JFAC  ACE |
| **Session 6 *(1st WU)***  (7:00-7:20) | WEY  NJB | AQRC  TWST | EAG  SSCT | RANY  OCY | ACE | RY | RY | LIFE  SCY | LIFE | LIFE |
| **Session 6 *(2nd WU)***  (7:20-7:40) | BAC | BAC | BAC  SCNJ | LHY | LHY | BGCD | CBGC | SAY  DESC | MAY  NJBL | JFAC  CAT |
| **Session 7 *(1st WU)***  (10:30-10:50) | EAG  ACE | TWST  DESC | OCY  SAY | RANY  SSCT | JFAC | NJBL | RY | RY | LIFE/U | LIFE |
| **Session 7 *(2nd WU)***  (10:50-11:10) | BAC | BAC | BAC  SCNJ | CAT | CAT/U | LHY | LHY | MAY  SCY | BGCD  AQRC | CBGC  WEY |
| **Session 8**  (2:15-2:55) | BAC  TWST  DESC | BAC  MAY  WEY | LHY  NJB | LHY  OCY  AQRC | RY  CBGC  EAG | RY  RANY | BGCD  CAT | SAY  NJBL  ACE | LIFE/U  SSCT | JFAC  SCY |
| **Session 9**  (6:00-6:40) | BAC  CBGC  SCY/U | BAC  TWST  SCNJ | JFAC  ACE | RY  DESC | SAY  OCY/U | NJB  BGCD | RANY/U  NJBL | CAT  MAY | LHY  WEY | LIFE  EAG |

**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**

**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.**