

2019 NJS LC JUNIOR OLYMPICS

There will be one timer from the assigned team and one timer from **SCAR** on each lane.

For **distance** events (800/1500) swimmers will provide **their own timers and lap counters**.

There will be a positive check-in for distance events

If the competition pool is not available, warmup will begin in the patio pool until the main pool is available.

Fly over starts will be used during the prelims and age group sessions

TIMING ASSIGNMENTS

Day 1--THURSDAY

LANE	SESSION 1	LANE	SESSION 2	LANE	SESSION 3
	13/O PRELIMS		12/UNDERS		13/O FINALS
1	SVY	1	NJRC	1	XCEL
2	LHY	2	PTAC	2	MCSC
3	RBY	3	MEY	3	PAA
4	SCAR-W	4	CAT	4	CJAC
5	JFAC	5	WAVE	5	SCAR-W
6	PAA	6	RY	6	SCAR-B
7	FSPY	7	LIFE	7	CJAC
8	MYM	8	WFY	8	WFY
ALTS: CJAC, HACY		OCY, NJBL		SCAR-E, FSPY	

Day 3--SATURDAY

LANE	SESSION 7	LANE	SESSION 8	LANE	SESSION
	13/O PRELIMS		12/UNDERS		///0
1	CJAC	1	ACE	1	SVY
2	MYM	2	SHY	2	SCAR-B
3	FSPY	3	STAC	3	SCAR-W
4	WFY	4	CBGC	4	LHY
5	JFAC	5	MEY	5	PAA
6	CAT	6	EEX	6	MCSC
7	MCSC	7	NJBL	7	JFAC
8	PAA	8	RBY	8	WFY
ALTS: FOBY, LIFE		SCAR-E, TAC		CAT, FSPY	

Day 2---FRIDAY

LANE	SESSION 4	LANE	SESSION 5	LANE	SESSION 6
	13/O PRELIMS		12/UNDERS		13/O FINALS
1	SVY	1	CAT	1	XCEL
2	LHY	2	PTAC	2	MCSC
3	RBY	3	ACE	3	RY
4	JFAC	4	CBGC	4	PTAC
5	FSPY	5	STAC	5	STAC
6	PAA	6	WAVE	6	WAVE
7	MYM	7	RY	7	LIFE
8	RY	8	FSPY	8	RBY
ALTS: WFY, XCEL		ALTS: EEX, MEY		ALTS: SVY, PAA	

Day 4--SUNDAY

LANE	SESSION 10	SESSIONS 11 & 12	LANE	SESSION 13
	13/O PRELIMS	1500 FREES		13/O FINALS
1	CJAC	ALL 1500 SWIMMERS 11 & OLDER OWN TIMERS OWN LAP COUNTERS	1	SVY
2	MYM		2	RBY
3	CAT		3	LHY
4	STAC		4	JFAC
5	WFY		5	XCEL
6	RY		6	MCSC
7	WY		7	PAA
8	SCAR-E		8	FSPY
ALTS: SHY, WAVE			ALT: SCAR-E & B	

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Fly over starts will be used during prelims and age group sessions

In the event that the competition pool is not available, warm-up will begin in the patio pool.

Positive check-in for 800/1500 freestyles and all relays.

WARM-UP ASSIGNMENTS AND SESSION TIMES FOR THURSDAY AND FRIDAY

THURSDAY PRELIMS <u>Session 1</u> <u>13/OVERS PRELIMS</u>			THURSDAY AGE GROUP <u>SESSION 2</u> <u>12/UNDERS</u>		FRIDAY PRELIMS <u>SESSION 4</u> <u>13/OVERS PRELIMS</u>			FRIDAY AGE GROUP <u>SESSION 5</u> <u>12/UNDERS</u>	
	I	II	I	II	I	II	III	I	II
	7:15AM	7:45AM	12:45PM	1:10PM	7:15AM	7:40AM	8:05AM	12:05PM	12:30PM
LANE 1	SVY	RBY/PPST	SCAR-W	SVY	SCAR-W	LHY	MCSC/NJRC	SCAR W	SVY
LANE 2	SVY/WAVE/MDY	PAA/LIFE/MAY	SCAR-B	LHY	SCAR-W & B	LHY/LIFE	MYM/HACY	SCAR-R	SVY/LIFE
LANE 3	SCAR-R	MCSC/STAC/FOBY	SCAR-R & E/TWST	FSPY/MYM	SCAR-R	RBY	WFY/TWST	SCAR-B & E/TWST	WFY
LANE 4	SCAR-W	FSPY/PTAC/HACY	SHY/STAC/MCSC	WFY/PAA	SCAR-R & E	RBY/EEX/NJBL	RY/PPST	XCEL/JFAC/MDY	LHY
LANE 5	SCAR-B/WAVE	MYM/SHY/RANY	NJRC/ACE/CBGC	LIFE/TAC/RANY	WY/PTAC	JFAC	CAT/RANY/WAVE	RY/MEY/OCY	CAT/PTAC/PAA/TAC
LANE 6	SCAR-E/JFAC	CJAC/CAT	WAVE/CAT	PTAC/WY/MDY	SVY/SHY	XCEL	CJAC/WW/MAY	WAVE/NJBL	ACE/CBGC/STAC
LANE 7	XCEL/SRAY	RY/WFY	RY/MEY	NJBL/OCY/RBY	SVY	FSPY	STAC/SRAY/FOBY	RBY/MCSC	MYM/SHY/EEX/NJRC
LANE 8	LHY	ALL OTHERS	XCEL/EAG	ALL OTHERS	SVY	PAA/MEY	ALL OTHERS	WY/EAG/FOBY	ALL OTHERS
CHECK-IN BY 7:45AM START AT 8:20AM			Check-in by 1:05PM; start at 1:40PM		CHECK-IN BY 8:00AM START AT 8:35AM			Check-in by 12:25PM; start at 1:00PM	



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In the event that the competition pool is not available, warm-up will begin in the patio pool.

Positive check-in for 800/1500 freestyles and all relays.

WARM-UP ASSIGNMENTS AND SESSION TIMES FOR SATURDAY AND SUNDAY

	SATURDAY PRELIMS			SATURDAY AGE GROUP		SUNDAY PRELIMS			SUNDAY 1500's	
	Session 7			SESSION 8		SESSION 10			Session 11	Session 12
	13/OVERS PRELIMS			12/UNDERS		13/OVERS PRELIMS			1500'S	1500'S
	I	II		I	II	I	II	III	13/OVER	12/UNDERS
	7:15AM		7:45AM	12:45PM	1:10PM	7:15AM	7:40AM	8:05AM	11:00AM	3:00PM
LANE 1	SVY		LHY	XCEL	SVY	SCAR-W	LHY	SVY	(APPROX)	(APPROX)
LANE 2	SVY	TWO	XCEL/EEX/TWST	SCAR-R & E/TWST	SVY/TAC/EAG/OCY	SCAR-W & B	LHY/MEY	SVY	ALL	ALL
LANE 3	SCAR-R		RBY/PPST	SCAR-W & B	CBGC/MEY/MYM	SCAR-R	JFAC	RY/WY	S	S
LANE 4	SCAR-W	WARM-UP	MCSC/MDY/MEY	LIFE/TWST/NJBL	MCSC/SHY/STAC	SCAR-E	XCEL	RBY	W	W
LANE 5	SCAR-W & E & B		CAT/WY/MAY	RY/FOBY/JFAC	FSPY/MDY/EEX/PAA	FSPY/OCY	MCSC/SAY	RBY/WAVE	I	I
LANE 6	PAA/CJAC	SESSIONS	JFAC/LIFE/SHY	CAT/WAVE/WY	WFY	CJAC/WW	PAA/TWST	FOBY/MAY/NJRC	M	M
LANE 7	FSPY/SRAY/STAC		WFY/RY/FOBY	NJRC/PTAC	LHY	MYM/RANY	STAC/HACY/EAG	PTAC/SRAY/LIFE	M	M
LANE 8	MYM/WAVE/PPST		ALL OTHERS	RBY/ACE	ALL OTHERS	CAT/PPST	WFY/MDY	ALL OTHERS	E	E
CHECK-IN BY 7:45AM START AT 8:20AM				Check-in by 1:05PM; start at 1:40PM		CHECK-IN BY 8:00AM START AT 8:35AM			R	R
									S	S
									WILL	WILL
									NOT	NOT
									START	START
									BEFORE	BEFORE
									11:30AM	3:15PM
									WARM-UP MIGHT START IN THE PATIO POOL	
									SWIMMERS PROVIDE COUNTER AND TIMER	

2018 JO SCHEDULE					
DAY	SESSION	WARM-UP	CHECK-IN	START	COMMENT
THUR.	PRELIMS	7:15AM	7:45AM	8:20AM	
	AGE GROUP	12:45PM	1:05PM	1:40PM	
	FINALS	5:00PM	RELAYS by 5:30PM	6:00PM	
FRI.	PRELIMS	7:15AM	8:00AM	8:35AM	3 WARM-UPS
	AGE GROUP	12:05PM	12:25PM	1:00PM	TENTATIVE
	FINALS	5:00PM	RELAYS by 5:30PM	6:00PM	
SAT.	PRELIMS	7:15AM	7:45AM	8:20AM	
	AGE GROUP	12:45PM	1:05PM	1:40PM	TENTATIVE
	FINALS	5:45PM	RELAYS by 6:15PM	6:45PM	
SUN.	PRELIMS	7:15AM	7:55AM	8:35AM	3 WARM-UPS
	13/OVER	1500'S	TBA	10:55AM	NOT BEFORE
	11/12'S	1500'S	TBA	2:40PM	NOT BEFORE
	FINALS	4:50PM	RELAYS by 5:20PM	5:50PM	TENTATIVE

