

NJ Swimming's 2013 Age 12 & Under Silver and Bronze Championships – Region E Hosted by Scarlet Aquatics



Saturday and Sunday March 2nd and 3rd, 2013



Please Note Venue Change!!!!

Saturday

**Saint Peters University
870 Montgomery Street, Jersey City, NJ 07306**

Sunday

**Lincoln Community School
208 Prospect Avenue, 07003**

The buildings will open each day at 6:45AM

Meet Schedule

		<i>Warm-up</i>	<i>Check-In</i>	<i>Start</i>
<i>Saturday</i>	<i>Session 1 – 10 & Under Events</i>	7:00am	7:30am	8:05am
	<i>Session 2 – 10 & Under 500 Free</i>	11:15am	11:15am	11:30am
	<i>Session 3 – 11-12 Events</i>	12:00pm	12:30pm	1:05pm
	<i>Session 4 – 11-12 1000 Free</i>	4:45pm	4:45pm	5:00pm
<i>Sunday</i>	<i>Session 5 – 10 & Under Events</i>	7:00am	7:30am	8:05am
	<i>Session 6 – 11-12 Events</i>	11:15am	11:45am	12:20pm
	<i>Session 7 – 11-12 1650 Free</i>	3:30pm	3:30pm	3:45pm

Please Note: All swimmers in the main sessions (Sessions 1, 3, 5, and 6) will be marshaled in the Gym areas and escorted to the pool deck by meet host staff. Swimmers should immediately return to the Gym after completing their events, particularly after completing the relay events to ensure that they are marshaled for future events.

Swimmers in the Distance Freestyle sessions (Session 2 - 10&U 500 Freestyle, Session 4 - 11-12 1000 Freestyle and Session 7 - 11-12 1650 Freestyle) are responsible for reporting directly to the blocks for their events.

Warm-Up Schedule & Lane Assignments

	<i>Time</i>	<i>Lane 1</i>	<i>Lane 2</i>	<i>Lane 3</i>	<i>Lane 4</i>	<i>Lane 5</i>	<i>Lane 6</i>	<i>Lane 7</i>	<i>Lane 8</i>
Session 1 - 10 & Under Main	7:00 AM	SCAR	SCAR	SCAR	SCAR	CBGC	CBGC	MYM	MYM/NPR
	7:30 AM	BB	BB	BB	SKYY	EAG	JG	JG	JFAC
Session 2 - 10&U 500 Free	11:15 AM	10 minute open warm-up. No assigned lanes.							
Session 3 - 11-12 Main	12:00 PM	SCAR	SCAR	SCAR	SCAR	JFAC	JFAC	CBGC	CBCG
	12:30 PM	BB	BB	BB	BB/NPR	JG	EAG	SKYY	SKYY
Session 4 - 11-12 1000 Free	4:45 PM	15 minute open warm-up. No assigned lanes.							
Session 5 - 10 & Under Main	7:00 AM	BB	BB	BB/NPR	JFAC	EAG	JG		
	7:30 AM	SCAR	SCAR	SCAR	SCAR	CBGC	SKYY		
Session 6 - 11-12 Main	11:15 PM	BB	BB	JG	EAG	JFAC	JFAC		
	11:45 PM	SCAR	SCAR	SCAR	SCAR/ NPR	SKYY	CBGC		
Session 7 - 11-12 1650 Free	3:30 PM	15 minute open warm-up. No assigned lanes.							

Coaches will control warm-up in their assigned lanes, using the lanes for one-way sprint/starts at their discretion. Per NJ Swim rules, when lanes are shared between teams, all teams in the lane must complete general warm-up before one-way starts may be done in that lane.

There will be no diving during warm-up in Lane 1 or Lane 2 on Saturday.

Timing Assignments

Participating clubs are asked to provide a timer as shown in the grid below. Swimmers in the distance freestyle sessions (10&U 500 Freestyle, 11-12 1000 Freestyle and 11-12 1650 Freestyle) must provide their own timer.

Saturday (St Peters)	<i>Lane 3</i>	<i>Lane 4</i>	<i>Lane 5</i>	<i>Lane 6</i>	<i>Lane 7</i>	<i>Lane 8</i>
10 & Under Main	CBGC	JG	MYM	JFAC	SCAR-B	BB
10&U 500 Free	Swimmers must provide a timer and counter for the 500 Free.					
11-12 Main	EAG	BB	JG	JFAC	SKYY	CBGC
11-12 1000 Free	Swimmers must provide a timer and counter for the 1000 Free.					
Sunday (Bayonne)	<i>Lane 1</i>	<i>Lane 2</i>	<i>Lane 3</i>	<i>Lane 4</i>	<i>Lane 5</i>	<i>Lane 6</i>
10 & Under Main	BB	CBGC	EAG	JG	SKYY	JFAC
11-12 Main	EAG	JFAC	BB	CBGC	SCAR-B	SKYY
11-12 1650 Free	Swimmers must provide a timer and counter the 1650 Free.					

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2013 SCAR 12 & Under Silver and Bronze Region B
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