

NJ Swimming's 2014 Age 12 & Under Silver and Bronze Championships – Region E Hosted by Scarlet Aquatics



Saturday and Sunday March 1st and 2nd, 2014



**Lincoln Community School
208 Prospect Avenue (Prospect Ave & 30th St)
Bayonne, NJ 07003**

The building will open each day at 6:45AM

Please Do Not Park in the Advance Auto Parts Lot!!!
Cars parked there will be ticketed and towed.

Parking is available on-street, at the Hospital Garage at 30th & Avenue E (Paid Parking) and at the Light Rail Station at 32nd & Prospect Avenue (Free Parking on Weekends).

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>	11:30am	11:30am	11:40am
	<i>Session 3 – 11-12 Events</i>	12:15pm	12:45pm	1:20pm
	<i>Session 4 – 11-12 1000 Free</i>	5:30pm	5:30pm	5:45pm
<i>Sunday</i>	<i>Session 5 – 10 & Under Events</i>	7:00am	7:30am	8:05am
	<i>Session 6 – 11-12 Events</i>	11:45am	12:15pm	12:50pm
	<i>Session 7 – 11-12 1650 Free</i>	4:30pm	4:30pm	4:45pm

Please Note: All swimmers in the main sessions (Sessions 1, 3, 5, & 6) will be marshaled in the Gym area and escorted to the pool deck by meet host staff. Swimmers should immediately return to the Gym after warm-up and 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 (10&U 500 Freestyle, 11-12 1000 Freestyle and 11-12 1650 Freestyle) will report 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>
Session 1 - 10 & Under Main	7:00 AM	SCAR	SCAR	SCAR	JG	JG	EAG/NPR
	7:30 AM	BB	BB/SKYY	SKYY	CBGC	CBGC/JFAC	JFAC
Session 2 - 10&U 500 Free	11:30 AM	10 minute open warm-up. No assigned lanes.					
Session 3 - 11-12 Main	12:15 PM	SCAR	SCAR	SCAR	SCAR	CBGC	CBGC/SKYY
	12:45 PM	BB	BB	EAG/NPR	JG	JG/JFAC	JFAC
Session 4 - 11-12 1000 Free	5:30 PM	15 minute open warm-up. No assigned lanes.					
Session 5- 10 & Under Main	7:00 AM	SCAR	SCAR	SCAR	SCAR/NPR	JFAC	JFAC/EAG
	7:30 AM	CBGC	CBGC/SKYY	SKYY	BB	BB/JG	JG
Session 6 - 11-12 Main	11:45 AM	SCAR	SCAR	SCAR	SCAR	CBGC	EAG
	12:15 PM	BB	BB	JG	JG/SKYY	SKYY/NPR	JFAC
Session 7 - 11-12 1650 Free	4:30 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.

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 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	SCAR-B	JG	CBGC	JFAC	SKYY	BB
10&U 500 Free	Swimmers must provide a timer and counter for the 500 Free.					
11-12 Main	BB	BB	SCAR-B	JG	EAG	SKYY
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	CBGC	JFAC	EAG	BB	JG	SCAR-B
11-12 Main	JG	BB	JFAC	SCAR-B	CBGC	SKYY
11-12 1650 Free	Swimmers must provide a timer and counter the 1650 Free.					

**Visit www.ultimateswimmeets.com for Real-Time Results for
2014 SCAR 12 & Under Silver and Bronze Region E.
Results will also be available via Meet Mobile.**