

2014 New Jersey Swimming LC Junior Olympics Warm-up Assignments

Fly over starts may be used throughout the meet!

In the event that the competition pool is not available, warmup will begin in the patio pool.

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

THURSDAY				FRIDAY				SATURDAY				SUNDAY		
Session 1		Session 2		Session 4		Session 5		Session 7		Session 8		Session 10		Session 11
13/O PRELIMS		12/UNDERS		13/O PRELIMS		12/UNDERS		13/O PRELIMS		12/UNDERS		13/O PRELIMS		1500'S
I	II	I	II	I	II	I	II	I	II	I	II	I	II	
7:15AM	7:45AM	12:25 PM	12:55PM	7:15 AM	7:45AM	12:25 PM	12:55PM	7:15 AM	7:45AM	12:25PM	12:55PM	7:15 AM	7:45AM	11:00AM
SCAR		SCAR		SCAR		SCAR		SCAR		SCAR	BAC	SCAR		(APPROX) ALL S W I M M E R S WILL NOT START BEFORE 11:30AM
BAC		BAC		BWTD		BAC	ALL	BAC	ALL	&	CAT	BWTD		
CAT	ALL	CAT	ALL	CJAC	ALL	CAT		CAT		ALL	JFAC	CJAC	ALL	
CJAC		RBV		EEX		RBV	OTHER	EEX	OTHER		LHY	EEX		
JFAC	OTHER	SVY	OTHER	FSPY	OTHER	SVY		LHY		OTHER	MCSC	FSPY	OTHER	
PAA		WFY		LHY		WFY	TEAMS	PAA	TEAMS		MEY	JFAC		
SVY	TEAMS	XCEL	TEAMS	MCSC	TEAMS			SVY		TEAMS	RBV	JG	TEAMS	
CHECK-IN BY 7:45AM		CHECK-IN BY 12:55PM		MEY		CHECK-IN BY 12:55PM		XCEL			RY	LHY		
START AT 8:20AM		START AT 1:30PM		PAA		START AT 1:30PM		CHECK-IN BY 7:45AM			SVY	MCSC		
		TENTATIVE		RBV		TENTATIVE		START AT 8:20AM			WFY	SAY		
				SAY							XCEL	WFY		
				WFY							CHECK-IN BY 12:55PM	WY		
				WY							START AT 1:30PM	CHECK-IN BY 7:45AM		
				CHECK-IN BY 7:45AM							TENTATIVE	START AT 8:20AM		
				START AT 8:20AM										

WARM-UP FOR FINALS 5:45PM, EXCEPT FRIDAY 6:15PM

FINALS WILL START AT APPROXIMATELY 6:35PM, EXCEPT FRIDAY AT 7:00PM



2014 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.

TIMING ASSIGNMENTS

Day 1--THURSDAY

LANE	SESSION 1	LANE	SESSION 2	LANE	SESSION 3
	<u>13/O PRELIMS</u>		<u>12/UNDERS</u>		<u>13/O FINALS</u>
1	BAC	1	RBY	1	BAC
2	SVY	2	MEY	2	CAT
3	CAT	3	EAG	3	WFY
4	CJAC	4	RY	4	RRC
5	PAA	5	SHY	5	PAA
6	JFAC	6	CAT	6	OCY
7	XCEL	7	WFY	7	SVY
8	MCSC	8	SVY	8	EEX
ALTS: SCAR, LHY		ALTS: BAC, SCAR		ALTS: SCAR	

Day 3--SATURDAY

LANE	SESSION 7	LANE	SESSION 8	LANE	SESSION
	<u>13/O PRELIMS</u>		<u>12/UNDERS</u>		<u>13/O FINALS</u>
1	LHY	1	BAC	1	EEX
2	CJAC	2	SVY	2	PAA
3	JFAC	3	WFY	3	BWTD
4	MCSC	4	RBY	4	CAT
5	BWTD	5	CAT	5	BAC
6	RBY	6	XCEL	6	WFY
7	RY	7	MEY	7	SVY
8	CAT	8	RY	8	SHY
ALTS: SCAR, BAC		ALTS: SCAR, LHY		ALTS: SCAR	

Day 2--FRIDAY

LANE	SESSION 4	LANE	SESSION 5	LANE	SESSION 6
	<u>13/O PRELIMS</u>		<u>12/UNDERS</u>		<u>13/O FINALS</u>
1	SAY	1	SVY	1	CAT
2	RBY	2	WFY	2	EEX
3	LHY	3	CAT	3	PAA
4	MCSC	4	BAC	4	BAC
5	PAA	5	MEY	5	MCSC
6	CJAC	6	LHY	6	XCEL
7	JFAC	7	BWTD	7	BWTD
8	XCEL	8	SHY	8	SVY
ALTS: SCAR, BAC		ALTS: SCAR, RY		ALTS: SCAR	

Day 4--SUNDAY

LANE	SESSION 10	LANE	SESSION 11	LANE	SESSION
	<u>13/O PRELIMS</u>		<u>1500 FREES</u>		<u>13/O FINALS</u>
1	MCSC			1	BAC
2	BWTD		<i>ALL</i>	2	JFAC
3	FSPY		<i>1500 SWIMMERS</i>	3	WY
4	WFY		<i>11 & OLDER</i>	4	EEX
5	SAY		<i>OWN TIMERS</i>	5	PAA
6	XCEL		<i>OWN LAP COUNTERS</i>	6	CAT
7	PAA			7	SVY
8	CJAC			8	BWTD
ALTS: SCAR, CAT				ALT: SCAR	

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