



2019 SPRING CLUB CHAMPIONSHIP II
Hosted by EASTERN EXPRESS @ TCNJ

SCHEDULE OF SESSION TIMES

SCRATCHES FOR FRIDAY PRELIMS ARE DUE BY 9:30PM ON THURSDAY

DAY	SESSION	AGE	WARM-UP	CHECK-IN	START	THE DIVE WELL WILL BE OPEN THROUGHOUT
FRI	1*	OPEN PRELIMS	8:30AM	THURS. PM	10:00AM	OPEN WARM-UP; Start and pace lanes at 9:30AM
FRI	2	MIXED 14/U EVENTS	3:15PM	3:20PM	3:50PM	1 WARM-UP; SWIMMERS PROVIDE OWN TIMERS/COUNTERS
FRI	3	FINALS	5:00PM	RELAYS	6:00PM	POOL CLEARS AT 5:50PM; BREAKS FOR AWARDS

S1*: 12:15PM FINISH BEFORE 500s. FOR 500s: 10 MIN Warm-up; PROVIDE OWN TIMERS AND COUNTERS

6 COMPETITION LANES FOR THIS SESSION; 10 MINUTE BREAK AFTER THE 200 BREASTSTROKE

SCRATCHES FOR SATURDAY PRELIMS ARE DUE BY 7:00PM ON FRIDAY

SAT	4**	OPEN PRELIMS	7:30AM	FRI. PM	9:00AM	OPEN WARM-UP; Start and pace lanes at 8:30AM
SAT	5	14/U EVENTS	11:35AM	12:15PM	12:50PM	THREE WARM-UPS
SAT	6	FINALS	5:00PM	RELAYS	6:00PM	POOL CLEARS AT 5:50PM; BREAKS FOR AWARDS

S4: THERE WILL BE BREAKS AFTER THE 50 FREE AND THE 200 BACK;**

10 MINUTE WARM-UP BEFORE THE 1000s; SWIMMERS NEED TO PROVIDE TIMERS AND COUNTERS

SCRATCHES FOR SUNDAY PRELIMS ARE DUE BY 7:00PM ON SATURDAY

SUN	7	OPEN PRELIMS	7:30AM	FRI. PM	9:00AM	OPEN WARM-UP; Start and pace lanes at 8:30AM
SUN	8	14/U EVENTS	11:05AM	11:45AM	12:20PM	THREE WARM-UPS
SUN	9***	FINALS***	5:00PM	RELAYS	6:00PM	POOL CLEARS AT 5:50PM; BREAKS FOR AWARDS

S9*: ALL HEATS OF THE MILE WILL RUN DURING FINALS:**

Order of Events: 200 Free Relay, "C" heat of the 1650, 200 Freestyle, "B" heat of the 1650, 100 IM, "A" heat of the 1650, 100 Back, 200 Fly,
400 Medley Relay

The diving well will be available for warm-up/cool down throughout the meet

2019 SPRING CLUB CHAMPIONSHIP II Timing Assignments

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Friday

<u>SESS</u>	<u>AGE</u>	L1	L2	L3	L4	L5	L6	L7	L8	ALTS:
1	OPEN PRELIMS	PTAC	NJRC	CCC	STAC	EEX	WAVE	XXX	XXX	
		PTAC	NJRC	PTAC	SRAY	EEX	RA			
2	14/unders	ALL MIXED EVENTS								
3	FINALS	SWIMMERS PROVIDE THEIR OWN TIMERS (AND COUNTERS)								
		PTAC	NJRC	CCC	STAC	SRAY	WAVE	RA	EEX	
		PTAC	NJRC	CCC	STAC	SRAY	WAVE	RA	EEX	

Saturday

<u>SESS</u>	<u>AGE</u>	L1	L2	L3	L4	L5	L6	L7	L8	ALTS:
4	OPEN PRELIMS	PTAC	NJRC	STAC	WAVE	BB	CCC	SWAC	EEX	SRAY,
		PTAC	NJRC	STAC	WAVE	BB	CCC	SWAC	EEX	RA
5	14/unders	NJRC	NJRC	STAC	STAC	BWTD	RA	BB	SRAY	BAC
		NJRC	NJRC	STAC	BWTD	BWTD	PTAC	PENN	CCC	UN-D
6	FINALS	PTAC	NJRC	STAC	CCC	BB	WAVE	SWAC	EEX	PTAC
		PTAC	NJRC	STAC	CCC	BB	WAVE	PTAC	EEX	

Sunday

<u>SESS</u>	<u>AGE</u>	L1	L2	L3	L4	L5	L6	L7	L8	ALTS:
7	OPEN PRELIMS	PTAC	NJRC	STAC	BB	CCC	WAVE	SRAY	EEX	PENN,
		PTAC	NJRC	STAC	BB	CCC	WAVE	RA	EEX	PTAC
8	14/unders	NJRC	NJRC	STAC	STAC	BWTD	RA	BB	SRAY	BAC,
		NJRC	NJRC	STAC	BWTD	BWTD	PTAC	PENN	CCC	UN-D
9	FINALS	PTAC	NJRC	STAC	SRAY	CCC	BB	PTAC	EEX	WAVE,
		PTAC	NJRC	STAC	SRAY	CCC	BB	NJRC	EEX	PTAC

SWIMMERS IN THE 500 and 1000 NEED THEIR OWN TIMERS AND COUNTERS FOLLOWING PRELIMS



2019 EEX SPRING CLUB CHAMPIONSHIP II @ TCNJ

FRIDAY AFTERNOON
Mixed Events

14/unders

3:15PM MAIN

ONE
OPEN
WARM-UP
ALL
SWIMMERS

SATURDAY MIDDAY: 14/UNDERS			SUNDAY MIDDAY: 14/UNDERS		
11/14 ONLY		10/UNDERS	11/14 ONLY		10/UNDERS
25 MINUTES	25 MINUTES	20 MINUTES	25 MINUTES	25 MINUTES	20 MINUTES
11:35AM	12:00PM	12:25PM	11:05AM	11:30AM	11:55AM
L1 STAC	L1 NJRC	L1 NJRC	L1 NJRC	L1 STAC	L1 NJRC
L2 STAC	L2 NJRC	L2 NJRC/BAC	L2 NJRC	L2 STAC	L2 NJRC
L3 STAC	L3 NJRC	L3 BWTD	L3 NJRC	L3 STAC	L3 BWTD
L4 RA	L4 BWTD	L4 BWTD	L4 BWTD	L4 RA	L4 BWTD/BAC
L5 RA/BAC	L5 BWTD/PENN	L5 PENN/UN-D	L5 BWTD/PENN	L5 RA/BAC	L5 PENN/UN-D
L6 PTAC	L6 BB	L6 CCC/PTAC	L6 BB	L6 SRAY	L6 CCC/PTAC
L7 SRAY	L7 CCC	L7 BB/STAC	L7 CCC	L7 SRAY/UN-D	L7 BB/STAC
L8 SRAY/UN-D	L8 EEX	L8 EEX/SRAY	L8 PTAC	L8 EEX	L8 EEX/SRAY

The diving well will be available for warm-up/cool down throughout the meet

