

## 2018 EEX MERCER COUNTY THROWDOWN AT TCNJ

SUNDAY, NOVEMBER 18TH, 2018

*"Fly Over " starts will be used*

**THE DIVING WELL WILL BE AVAILABLE AFTER 2:30PM**

### MEET SCHEDULE

DAY	SESSION	EVENTS	WARM-UP	CHECK-IN	START	NOTES
<b>SUNDAY</b>	<b>1</b>	400 IM, 500 and 1650 Freestyles	1:30PM	1:30PM	2:05PM	<b>ONE WARM-UP</b>
<b>SUNDAY</b>	<b>2</b>	ALL OPEN EVENTS	2:45PM	3:05PM	3:40PM	<b>ONE WARM-UP + WELL</b>

### WARM-UP SCHEDULE (DIVING WELL AFTER 2:30PM)

SUNDAY	
SESSION 1	SESSION 2
ALL 400, 500 & 1650'S ONE WARM-UP/30 MINS	ALL SWIMMERS ONE WARM-UP/50 MINS
LANE 1 EASTERN EXPRESS	PTAC
LANE 2 EASTERN EXPRESS	PTAC <i>THE</i>
LANE 3 EASTERN EXPRESS	PTAC <i>DIVING</i>
LANE 4 EASTERN EXPRESS	PTAC <i>WELL</i>
LANE 5 EASTERN EXPRESS	EEX <i>WILL BE</i>
LANE 6 EASTERN EXPRESS	EEX <i>OPEN</i>
LANE 7 XCEL SWIMMING	XCEL <i>TOO</i>
LANE 8 XCEL SWIMMING	XCEL

### TIMING ASSIGNMENTS

	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7
400, 500 & 1650's	<i>Swimmers provide their own timers and counters</i>					
SESSION 2	PTAC	XCEL	PTAC	XCEL	PTAC	XCEL

*Please be ready to time for the entire session that you are needed.*

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