

2017 EEX MERCER COUNTY THROWDOWN AT TCNJ

SUNDAY, NOVEMBER 19TH, 2017

"Fly Over " starts will be used

MEET SCHEDULE

DAY	SESSION	WARM-UP	CHECK-IN	START		
SUNDAY	1	ALL SWIMMERS	7:00AM	7:15AM	7:55AM	ONE WARM-UP
SUNDAY	2	400 IMs/MILES	WELL	10:30AM	11:00AM	NO EARLIER THAN

WARM-UP SCHEDULE (DIVING WELL AVAILABLE TOO)

	SUNDAY	SUNDAY
	SESSION 1	SESSION 2
	ALL SWIMMERS	ALL 400 Ims
	ONE WARM-UP/50 MINUTES	AND MILES
LANE 1	NJRC	WARM-UP TO START IN THE WELL
LANE 2	NJRC	
LANE 3	NJRC	
LANE 4	NJRC	
LANE 5	EASTERN EXPRESS	
LANE 6	EASTERN EXPRESS	WELL (2)
LANE 7	XCEL SWIMMING	WELL (2)
LANE 8	XCEL SWIMMING	WELL (2)
		TEN MINUTES IN MAIN POOL IF POSSIBLE

TIMING ASSIGNMENTS

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	ALTS
ALL SWIMMERS	NJRC	NJRC	NJRC	XCEL	XCEL	XCEL	NJRC	NJRC	NJRC/XCEL
MILES	<i>Swimmers provide their own timers and counters</i>								

Alternate timers, please be ready to time for the entire session that you are needed.

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