

SOLO Aquatics
NES Gold Championship

Roger A. Nekton Pool
Phillips Exeter Academy
54 Court Street
Exeter, NH 03833

March 07-10, 2024

Held under the sanction of USA Swimming/New England #NE24-0307SOLO

Friday, March 8, 2024

11&Over Prelims and 10&Under Finals

Warm-Up 1 (7:30-7:50 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11-12 Girls, 11-12 Boys, 13-14 Girls							

Warm-Up 2 (7:50-8:10 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
13-14 Boys, 15-18 Girls, 15-18 Boys							

Warm-Up 3 (8:10-8:30 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 10&Unders							

Controlled Warm-Up (8:30-8:40 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE	PACE

Session Start @ 8:45 AM

11&Over Finals

Warm-Up 1 (3:30-4:00 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Open							

Controlled Warm-Up (4:00-4:10 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE	PACE

Session Start @ 4:15 PM

SOLO Aquatics
NES Gold Championship

Roger A. Nekton Pool
Phillips Exeter Academy
54 Court Street
Exeter, NH 03833

March 07-10, 2024

Held under the sanction of USA Swimming/New England #NE24-0307SOLO

Saturday, March 9, 2024

11&Over Prelims and 10&Under Finals

Assigned Warm-Up 1 (7:30-7:50 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 15-18							

Assigned Warm-Up 2 (7:50-8:10 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 13-14							

Assigned Warm-Up 3 (8:10-8:30 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 11-12							

Assigned Warm-Up 4 (8:30-8:50 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 10 & Unders							

Controlled Warm-Up (8:50-9:00 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE

Session Start @ 9:05 AM

11&Over Finals

General Warm-Up (4:00-4:30 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Open							

Controlled Warm-Up (4:30-4:40 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE

Session Start @ 4:45 PM

SOLO Aquatics

NES Gold Championship

Roger A. Nekton Pool
Phillips Exeter Academy
54 Court Street
Exeter, NH 03833

March 07-10, 2024

Held under the sanction of USA Swimming/New England #NE24-0307SOLO

Sunday, March 10, 2024

11&Over Prelims and 10&Under Finals

Assigned Warm-Up 1 (7:30-7:50 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 15-18							

Assigned Warm-Up 2 (7:50-8:10 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 13-14							

Assigned Warm-Up 3 (8:10-8:30 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 11-12							

Assigned Warm-Up 4 (8:30-8:50 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
All 10&Unders							

Controlled Warm-Up (8:50-9:00 AM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE

Session Start @ 9:05 AM

11&Over Finals

General Warm-Up (4:00-4:30 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General/Open							

Controlled Warm-Up (4:30-4:40 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE	PACE

Session Start @ 4:45 PM