

2019 NJSDC Conference Championships

Session 1 Warm-Up Assignments

WARM-UP PROCEDURES

- Each warm-up will be a general warm-up. FEET FIRST ENTRY ONLY!
- ONE WAY SPRINTING will take place during the third warm-up in the new pool in lanes 4, 5, and 6. Also during at this time, there will be a general warm-up for all teams in lanes 1,2, and 3 for athletes who would like to swim in the new pool.
- The meet director may determine which lanes are one way sprint lanes and which lanes stay general warm-up if needed.

RACING POOL (25 Yards)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Session A: 7:15-7:35 AM	Blue Dolphins	Blue Dolphins	Blue Dolphins	Blue Dolphins	University/ STAC	Frog Hollow
Session B: 7:35-7:55 AM	Cedar Hill	South Plainfield	JCC Tide	Monmouth Heights	Roycefield	Cranford
Session C: 7:55-8:15 AM	GENERAL WARM-UP FOR ALL TEAMS			SPRINTS	SPRINTS	SPRINTS

OLD POOL (25 Meters)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Session A: 7:15-7:35 AM	Middlesex/ Glen Ridge	Round Top/ Juniper Lane	Brookside	Brookside	East Brunswick	East Brunswick
Session B: 7:35-7:55 AM	Edison	Edison	Edison	MMP/ Fiddler's Elbow	Lakeridge/ RVCC	North Brunswick/ Rahway
Session C: 7:55-8:15 AM	Willows/ Springwood	Somerset Hills/ Rivercrest	Sea Wolves/ MGCC	Hillsborough	Hillsborough	Hillsborough

The meet will start at approximately 8:30 AM.

***PLEASE NOTE THAT WE WILL BE USING BOTH POOLS FOR WARM-UP!**

2019 NJSDC Conference Championships

Session 2

Warm-Up Assignments

WARM-UP PROCEDURES

- Each warm-up will be a general warm-up. FEET FIRST ENTRY ONLY!
- ONE WAY SPRINTING will take place during the third warm-up in the new pool in lanes 4, 5, and 6. Also during at this time, there will be a general warm-up for all teams in lanes 1,2, and 3 for athletes who would like to swim in the new pool.
- The meet director may determine which lanes are one way sprint lanes and which lanes stay general warm-up if needed.

RACING POOL (25 Yards)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Session A: 7:15-7:35 AM	East Brunswick	East Brunswick	Somerset Hills	Glen Ridge	Frog Hollow	Frog Hollow
Session B: 7:35-7:55 AM	Roycefield	Roycefield	Cranford	Willows	University	South Plainfield
Session C: 7:55-8:15 AM	GENERAL WARM-UP FOR ALL TEAMS			SPRINTS	SPRINTS	SPRINTS

OLD POOL (25 Meters)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Session A: 7:15-7:35 AM	North Brunswick	Rivercrest	JCC/ Fiddler's Elbow	Lakeridge/ Edison	STAC	Sea Wolves
Session B: 7:35-7:55 AM	Cedar Hill	Blue Dolphins	Round Top	Hillsborough/ Rahway	Brookside	Brookside
Session C: 7:55-8:15 AM	MGCC/ Springwood	MMP	Monmouth Heights	Monmouth Heights	Middlesex	Middlesex

The meet will start at approximately 8:30 AM.

***PLEASE NOTE THAT WE WILL BE USING BOTH POOLS FOR WARM-UP!**