

NJSDC A-League Championships
Race Pool: Session 1: Warm up Schedule 2025

Friday PM Warm Up Schedule Race Pool:

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3:15 – 3:35pm	CHC	CHC	Cranford	Cranford	Willows	Willows
3:35 – 3:55pm	East Brunswick	East Brunswick	East Brunswick	Roycefield	Roycefield	Roycefield
3:55 – 4:15pm	South Plainfield	South Plainfield	Somerset Hills	Bridgewater Y	Bridgewater JCC	Brookside

NJSDC A-League Championships
Race Pool: Session 2: Warm up Schedule 2025

Saturday AM Warm Up Schedule Race Pool:

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 - 7:25am	CHC	CHC	East Brunswick	East Brunswick	Roycefield	Roycefield
7:25 - 7:50am	Bridgewater Y	Bridgewater Y	Bridgewater Y	Cranford	Cranford	Cranford
7:50 – 8:15am	South Plainfield	South Plainfield	South Plainfield	Willows	Willows	Willows
8:15 – 8:40am	Somerset Hills	Somerset Hills	Somerset Hills	Somerset Hills	Brookside	Bridgewater JCC