

Roycefield Sprint Meet Invitational Warm-Up Assignments

Sunday July 19th, 2026

2026 Assignments								
Warm-Up Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:30 am - 6:50 am	OPEN to ALL	Roycefield (73)	Roycefield (73)	Roycefield (73)	Roycefield (73)	Roycefield (73)	Roycefield (73)	OPEN to ALL
6:50 am - 7:10 am	BYBD (27)	BYBD (27)	CHC (9) + Juniper (8)	Hurricanes (31) + RVCC (6)	Hurricanes (31)	Hurricanes (31)	JCC Bridgewater (31)	JCC Bridgewater (31)
7:10 am - 7:30 am	East Brunswick (31)	East Brunswick (31)	East Brunswick (31) + SHSC (35)	SHSC (35)	SHSC (35)	Edison (21)	Edison (21) + South Plainfield (18)	South Plainfield (18)
7:30 am - 7:50 am	Cranford (39)	Cranford (39)	Cranford (39)	Gateway Y (8) + Middlesex (6)	MGCC (7) + Brookside (26)	Brookside (26)	Glen Ridge (23) + Springwood (10)	Glen Ridge (23) + Springwood (10)

For the first 10 minutes of each warm-up, the blocks will be closed, feet first entry only. The last 10 minutes of each warm-up session the blocks may be used for starts. All starts during the warm-up begin at the starting block end of the pool and swimmers swim one way and get out at far end of pool. Swimmers violating safety rules will be removed from warm-up.

Please note that Positive Check-in is required by 7:45am, regardless of warm-up time.

THANK YOU FOR JOINING US FOR THE 2026 SPRINTS!!