



**2024 NJS & Scarlet Gold Championship - 3-14-2024 to 3-17-2024**

**www.besmartinc.com for meet results and more**

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**Session Report**

Session: 2 Thursday Miles

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 22 Seconds / Back +15 Seconds

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Finals 75 Women 15 & Over 1650 Freestyle  
Finals 76 Men 15 & Over 1650 Freestyle  
Finals 39 Women 13-14 1650 Freestyle  
Finals 40 Men 13-14 1650 Freestyle  
Swimmers Counts for Warm-ups: 71

Session: 5 Friday Prelims

Day of Meet: 2 Starts at 08:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

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Prelims 63 Women 13 & Over 100 Freestyle  
Prelims 64 Men 13 & Over 100 Freestyle  
Prelims 65 Women 13 & Over 200 IM  
Prelims 66 Men 13 & Over 200 IM  
Prelims 67 Women 13 & Over 100 Butterfly  
Prelims 68 Men 13 & Over 100 Butterfly  
Prelims 71 Women 13 & Over 200 Breaststroke  
Prelims 72 Men 13 & Over 200 Breaststroke  
Prelims 69 Women 13 & Over 500 Freestyle  
Prelims 70 Men 13 & Over 500 Freestyle  
Swimmers Counts for Warm-ups: 464





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Session: 7 FRIDAY AGE GROUP

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 25 Seconds / Back +15 Seconds

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Finals	59	Girls 11-12 200 Freestyle Relay
Finals	23	Girls 10 & Under 200 Medley Relay
Finals	24	Boys 10 & Under 200 Medley Relay
Finals	43	Girls 11-12 500 Freestyle
Finals	37	Girls 10 & Under 500 Freestyle
Finals	88	Boys 10 & Under 100 IM
Finals	45	Girls 11-12 200 Backstroke
Finals	27	Girls 10 & Under 100 Backstroke
Finals	80	Boys 10 & Under 50 Backstroke
Finals	47	Girls 11-12 50 Breaststroke
Finals	35	Girls 10 & Under 100 Breaststroke
Finals	84	Boys 10 & Under 50 Breaststroke
Finals	61	Girls 11-12 1000 Freestyle
Finals	49	Girls 11-12 100 Butterfly
Finals	33	Girls 10 & Under 50 Butterfly
Finals	86	Boys 10 & Under 100 Butterfly
Finals	51	Girls 11-12 200 IM
Finals	31	Girls 10 & Under 200 IM
Finals	53	Girls 11-12 100 Freestyle
Finals	25	Girls 10 & Under 200 Freestyle
Finals	82	Boys 10 & Under 100 Freestyle
Finals	55	Girls 11-12 50 Backstroke
Finals	57	Girls 11-12 200 Breaststroke
Finals	29	Girls 10 & Under 50 Freestyle
Finals	41	Girls 11-12 400 Medley Relay

Swimmers Counts for Warm-ups: 333



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Session: 8 Friday Finals

Day of Meet: 2 Starts at 06:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

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Finals	63 Women 13 & Over 100 Freestyle Break: 1 Minutes:
Finals	64 Men 13 & Over 100 Freestyle Break: 1 Minutes:
Finals	65 Women 13 & Over 200 IM Break: 1 Minutes:
Finals	66 Men 13 & Over 200 IM Break: 1 Minutes:
Finals	67 Women 13 & Over 100 Butterfly Break: 1 Minutes:
Finals	68 Men 13 & Over 100 Butterfly Break: 1 Minutes:
Finals	69 Women 13 & Over 500 Freestyle
Finals	70 Men 13 & Over 500 Freestyle
Finals	71 Women 13 & Over 200 Breaststroke Break: 1 Minutes:
Finals	72 Men 13 & Over 200 Breaststroke Break: 1 Minutes:
Finals	73 Women 13 & Over 800 Freestyle Relay Break: 1 Minutes:
Finals	74 Men 13 & Over 800 Freestyle Relay Swimmers Counts for Warm-ups: 177

Session: 9 Saturday Prelims

Day of Meet: 3 Starts at 08:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

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Prelims	93 Women 13 & Over 200 Backstroke
Prelims	94 Men 13 & Over 200 Backstroke
Prelims	95 Women 13 & Over 100 Breaststroke
Prelims	96 Men 13 & Over 100 Breaststroke
Prelims	97 Women 13 & Over 200 Butterfly
Prelims	98 Men 13 & Over 200 Butterfly
Prelims	137 Women 13 & Over 400 IM
Prelims	138 Men 13 & Over 400 IM Swimmers Counts for Warm-ups: 446





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**Session Report**

Session: 10 Saturday Distance

Day of Meet: 3 Starts at 11:30 AM Heat Interval: 25 Seconds / Back +15 Seconds

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Finals 105 Women 15 & Over 1000 Freestyle  
Finals 106 Men 15 & Over 1000 Freestyle  
Swimmers Counts for Warm-ups: 56

Session: 11 Saturday 11-12

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

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Finals 1 Girls 11-12 400 Freestyle Relay  
Finals 2 Boys 11-12 400 Freestyle Relay  
Finals 3 Girls 11-12 100 IM  
Finals 4 Boys 11-12 100 IM  
Finals 5 Girls 11-12 200 Freestyle  
Finals 6 Boys 11-12 200 Freestyle  
Finals 7 Girls 11-12 50 Butterfly  
Finals 8 Boys 11-12 50 Butterfly  
Finals 9 Girls 11-12 100 Backstroke  
Finals 10 Boys 11-12 100 Backstroke  
Finals 11 Girls 11-12 100 Breaststroke  
Finals 12 Boys 11-12 100 Breaststroke  
Finals 13 Girls 11-12 50 Freestyle  
Finals 14 Boys 11-12 50 Freestyle  
Finals 15 Girls 11-12 200 Butterfly  
Finals 16 Boys 11-12 200 Butterfly  
Finals 17 Girls 11-12 200 Medley Relay  
Finals 18 Boys 11-12 200 Medley Relay  
Finals 19 Girls 11-12 400 IM  
Finals 20 Boys 11-12 400 IM  
Finals 21 Girls 11-12 1650 Freestyle  
Finals 22 Boys 11-12 1650 Freestyle  
Swimmers Counts for Warm-ups: 222



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Session: 12 Saturday Finals

Day of Meet: 3 Starts at 06:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

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Finals	89	Girls 13-14 200 Medley Relay	Break: 1 Minutes:
Finals	90	Boys 13-14 200 Medley Relay	Break: 1 Minutes:
Finals	91	Women 15 & Over 200 Medley Relay	Break: 1 Minutes:
Finals	92	Men 15 & Over 200 Medley Relay	Break: 1 Minutes:
Finals	93	Women 13 & Over 200 Backstroke	Break: 1 Minutes:
Finals	94	Men 13 & Over 200 Backstroke	Break: 1 Minutes:
Finals	95	Women 13 & Over 100 Breaststroke	Break: 1 Minutes:
Finals	96	Men 13 & Over 100 Breaststroke	Break: 1 Minutes:
Finals	97	Women 13 & Over 200 Butterfly	Break: 1 Minutes:
Finals	98	Men 13 & Over 200 Butterfly	Break: 1 Minutes:
Finals	99	Girls 13-14 400 Freestyle Relay	Break: 1 Minutes:
Finals	100	Boys 13-14 400 Freestyle Relay	Break: 1 Minutes:
Finals	101	Women 15 & Over 400 Freestyle Relay	Break: 1 Minutes:
Finals	102	Men 15 & Over 400 Freestyle Relay	Swimmers Counts for Warm-ups: 247

Session: 13 Sunday Prelims

Day of Meet: 4 Starts at 08:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

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Prelims	133	Women 13 & Over 200 Freestyle
Prelims	134	Men 13 & Over 200 Freestyle
Prelims	135	Women 13 & Over 100 Backstroke
Prelims	136	Men 13 & Over 100 Backstroke
Prelims	139	Women 13 & Over 50 Freestyle
Prelims	140	Men 13 & Over 50 Freestyle
		Swimmers Counts for Warm-ups: 416



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Session: 14 Sunday Distance

Day of Meet: 4 Starts at 10:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

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Finals 103 Women 13-14 1000 Freestyle  
Finals 104 Men 13-14 1000 Freestyle  
Swimmers Counts for Warm-ups: 42

Session: 15 SUNDAY AGE GROUP

Day of Meet: 4 Starts at 01:30 PM Heat Interval: 25 Seconds / Back +15 Seconds

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Finals 126 Boys 11-12 200 Freestyle Relay  
Finals 77 Girls 10 & Under 200 Freestyle Relay  
Finals 78 Boys 10 & Under 200 Freestyle Relay  
Finals 110 Boys 11-12 500 Freestyle  
Finals 38 Boys 10 & Under 500 Freestyle  
Finals 87 Girls 10 & Under 100 IM  
Finals 112 Boys 11-12 200 Backstroke  
Finals 28 Boys 10 & Under 100 Backstroke  
Finals 79 Girls 10 & Under 50 Backstroke  
Finals 114 Boys 11-12 50 Breaststroke  
Finals 36 Boys 10 & Under 100 Breaststroke  
Finals 83 Girls 10 & Under 50 Breaststroke  
Finals 128 Boys 11-12 1000 Freestyle  
Finals 116 Boys 11-12 100 Butterfly  
Finals 34 Boys 10 & Under 50 Butterfly  
Finals 85 Girls 10 & Under 100 Butterfly  
Finals 118 Boys 11-12 200 IM  
Finals 32 Boys 10 & Under 200 IM  
Finals 120 Boys 11-12 100 Freestyle  
Finals 26 Boys 10 & Under 200 Freestyle  
Finals 81 Girls 10 & Under 100 Freestyle  
Finals 122 Boys 11-12 50 Backstroke  
Finals 124 Boys 11-12 200 Breaststroke  
Finals 30 Boys 10 & Under 50 Freestyle  
Finals 108 Boys 11-12 400 Medley Relay  
Swimmers Counts for Warm-ups: 331



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Session: 16 Sunday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

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Finals	129	Girls 13-14 200 Freestyle Relay	Break: 1 Minutes:
Finals	130	Boys 13-14 200 Freestyle Relay	Break: 1 Minutes:
Finals	131	Women 15 & Over 200 Freestyle Relay	Break: 1 Minutes:
Finals	132	Men 15 & Over 200 Freestyle Relay	Break: 1 Minutes:
Finals	133	Women 13 & Over 200 Freestyle	Break: 1 Minutes:
Finals	134	Men 13 & Over 200 Freestyle	Break: 1 Minutes:
Finals	135	Women 13 & Over 100 Backstroke	Break: 1 Minutes:
Finals	136	Men 13 & Over 100 Backstroke	Break: 1 Minutes:
Finals	137	Women 13 & Over 400 IM	Break: 1 Minutes:
Finals	138	Men 13 & Over 400 IM	Break: 1 Minutes:
Finals	139	Women 13 & Over 50 Freestyle	Break: 1 Minutes:
Finals	140	Men 13 & Over 50 Freestyle	Break: 1 Minutes:
Finals	141	Girls 13-14 400 Medley Relay	Break: 1 Minutes:
Finals	142	Boys 13-14 400 Medley Relay	Break: 1 Minutes:
Finals	143	Women 15 & Over 400 Medley Relay	Break: 1 Minutes:
Finals	144	Men 15 & Over 400 Medley Relay	Swimmers Counts for Warm-ups: 269

