

Swimmers and Parents:

The following information, I hope will help you with the up-coming championship season. All NJS meets are the age as of the first day of the meet and YMCA meets are the age you have been swimming all year.

NOTE: YOU MUST FULLY ATTEND YOUR HIGHEST LEVEL YMCA CHAMPIONSHIP IN ORDER TO GO TO CHARLOTTE OR FLORIDA

NOTE: WHEN YOUR LAST MEET IS OVER FOR THE SEASON YOU ARE ON BREAK TILL APRIL

All 8 and unders: YMCA 8/under Champs

All 9 and 10's:

- YMCA Silver (attend this meet if you have less than 4 YMCA State cuts)
- NJS 9/10 Silver/Bronze (if you don't have YMCA state cuts-you will attend this meet)
- YMCA 12/under States
- NJS Junior Olympics
- Sunkissed Invite (10's will cuts only- no 9's)

All 11 and 12's:

- YMCA Silver (attend this meet if you have less than 4 YMCA State cuts)
- YMCA 12/under States
- NJS 11/12 Silver/Bronze (attend this meet if less than 3 Junior Olympics and/of YMCA State cuts)
- NJS Junior Olympics
- Sunkissed Invite

All 13 and 14's:

- YMCA Silver (all High School swimmers need to talk to their primary coach about attending this meet before entering & attend this meet if you have less than 4 YMCA State cuts)
- YMCA 13/O States
- NJS 13-19 Silver/Bronze (attend this meet if no YMCA states and Junior Olympic cuts)
- Sunkissed Invite
- YMCA Nationals

All 15 thru 18's:

- YMCA Silvers (all high school swimmers need to talk to their primary coach about attending this meet before entering & attend this meet if you have less than 4 YMCA State Cuts)
- YMCA 13/O States
- NJS 13-19 Silver/Bronze (attend this meet if no YMCA States and Junior Olympic cuts)
- NJS Junior Olympics
- Sunkissed Invite
- YMCA Nationals