

The New Jersey Senior Olympics will be held September 6, 7, 8, 2019....Swimming just on the 7<sup>th</sup> and 8<sup>TH</sup> of Sept.

The location will be...

Woodbridge Community Center / Woodbridge YMCA  
600 Main Street, Woodbridge, NJ 07095

Our website is [www.NJseniorolympics.com](http://www.NJseniorolympics.com)

Also posted at [www.besmartinc.com](http://www.besmartinc.com)

All online registration and information is posted there.

Swimming, Day 1, 9/7 Entry Time & Yards

Warm up is 1 pm, Meet starts at 2

1. 100 Freestyle \_\_\_\_\_
2. 200 Breaststroke \_\_\_\_\_
3. 100 Butterfly \_\_\_\_\_
4. 50 Backstroke \_\_\_\_\_
5. 50 Breaststroke \_\_\_\_\_
6. 200 Backstroke \_\_\_\_\_
7. 100 Individual Medley \_\_\_\_\_
8. 500 Freestyle \_\_\_\_\_

Swimming, Day 2, 9/8 Entry Time & Yards

Warm up is Noon, Meet starts at 1

8. 50 Freestyle \_\_\_\_\_
9. 200 Butterfly \_\_\_\_\_
10. 100 Backstroke \_\_\_\_\_
11. 50 Butterfly \_\_\_\_\_
12. 200 Freestyle \_\_\_\_\_
13. 100 Breaststroke \_\_\_\_\_
14. 200 Individual Medley \_\_\_\_\_
- 15 400 Individual Medley\_\_\_\_\_