

Warm-ups: Will be 20 minutes shifts.	
There will be 3 or 4 shifts depending on the session.	
Lane and Shifts may change based on Day or Session	
D1S1 Friday PM –	
DCST	Shift 1: 3:30pm - 3:50pm
DCST, VHST, BTS, FAST, ILVY, MARL	Shift 2: 4:00pm - 4:20pm
FVfy,MAC,RMSC,SSSC	Shift 3: 4:30pm - 4:50pm
D2S2 Saturday AM -	
DCST	Shift 1: 6:30am - 6:50am
VHST,BTS,FAST,MARL	Shift 2: 7:00am - 7:20am
FVfy,MAC,RMSC,SSSC	Shift 3: 7:30am - 7:50am
D2S3 Saturday PM –	
DCST	Shift 1: 10:00am - 10:20am
BTS,ILVY,MAC,MARL	Shift 2: 10:30am - 10:50am
FVfy,SSSC	Shift 3: 11:00am - 11:20am
VHST,FAST,RMSC,	Shift 4: 11:30am - 11:50am
D2S4 1650 Session –	
All	Shift 1: 1:40pm - 1:55pm
D3S5 Sunday AM -	
DCST	Shift 1: 6:30am - 6:50am
VHST,BTS,FAST,MAC,MARL,SSSC	Shift 2: 7:00am - 7:20am
FVfy,RMSC	Shift 3: 7:30am - 7:50am
D3S6 Sunday PM –	
DCST	Shift 1: 10:00am - 10:20am
BTS,ILVU,MAC,MARL	Shift 2: 10:30am - 10:50am
FVfy,SSSC	Shift 3: 11:00am - 11:20am
VHST,FAST,RMSC	Shift 4: 11:30am - 11:50am

	D1S1 WU Shift 1 = 3:30PM - 3:50PM - D1S1 WU Shift 2 = 4:00pm - 4:20pm - D1S1 WU Shift 3 = 4:30pm - 4:50pm															
	DCST	VHST	BTS	FAST	ILVY	MARL	FVfy	MAC	RMSC	SSSC						
D1S1	Lane 1 Start	Lane 1 Turn	Lane 2 Start	Lane 2 Turn	Lane 3 Start	Lane 3 Turn	Lane 4 Start	Lane 4 Turn	Lane 5 Start	Lane 5 Turn	Lane 6 Start	Lane 6 Turn	Lane 7 Start	Lane 7 Turn	Lane 8 Start	Lane 8 Turn
WU Shift 1 Wall	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST
WU Shift 1 Flag	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST
WU Shift 1 Marke	36	DCST		DCST		DCST		DCST								
WU Shift 2 Wall	DCST	DCST	VHST	VHST	BTS	BTS	FAST	FAST	ILVY		MARL	MARL	MARL	MARL	MARL	MARL
WU Shift 2 Flag	DCST	DCST	VHST	VHST	BTS		FAST	FAST			MARL	MARL	MARL	MARL	MARL	MARL
WU Shift 2 Marke	4		VHST	VHST	3		5	FAST	1		13		MARL			
			6													
WU Shift 3 Wall	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	MAC		RMSC	RMSC	SSSC	SSSC	SSSC	SSSC
WU Shift 3 Flag	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy			RMSC	RMSC	SSSC	SSSC	SSSC	SSSC
WU Shift 3 Marke	16								1		5	RMSC	9		SSSC	

	D2S2 WU Shift 1 = 6:30AM - 6:50AM - D2S2 WU Shift 2 = 7:00AM - 7:20AM - D2S2 WU Shift 3 = 7:30AM - 7:50AM															
	DCST	VHST	BTS	FAST	ILVY	MARL	FVfy	MAC	RMSC	SSSC						
D2S2	Lane 1 Start	Lane 1 Turn	Lane 2 Start	Lane 2 Turn	Lane 3 Start	Lane 3 Turn	Lane 4 Start	Lane 4 Turn	Lane 5 Start	Lane 5 Turn	Lane 6 Start	Lane 6 Turn	Lane 7 Start	Lane 7 Turn	Lane 8 Start	Lane 8 Turn
WU Shift 1 Wall	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST
WU Shift 1 Flag	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST
WU Shift 1 Marke	26															
WU Shift 2 Wall	VHST	VHST	BTS	BTS	BTS	BTS	FAST	FAST	FAST	FAST	MARL	MARL	MARL	MARL	MARL	MARL
WU Shift 2 Flag	VHST		BTS	BTS	BTS	BTS	FAST	FAST	FAST		MARL	MARL	MARL	MARL	MARL	MARL
WU Shift 2 Marke	3		8				7				12					
WU Shift 3 Wall	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	MAC	MAC	RMSC	RMSC	RMSC	RMSC	SSSC	SSSC
WU Shift 3 Flag	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	MAC	MAC	RMSC	RMSC	RMSC	RMSC	SSSC	SSSC
WU Shift 3 Marke	23	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	4		11	RMSC	RMSC	RMSC	SSSC	SSSC

	D2S3 WU Shift 1 = 10:00AM - 10:20AM - D2S3 WU Shift 2 = 10:30AM - 10:50AM - D2S3 WU Shift 3 = 11:00AM - 11:20AM - D2S3 WU Shift 4 = 11:30AM - 11:50AM															
	DCST	VHST	BTS	FAST	ILVY	MARL	FVfy	MAC	RMSC	SSSC						
D2S3	Lane 1 Start	Lane 1 Turn	Lane 2 Start	Lane 2 Turn	Lane 3 Start	Lane 3 Turn	Lane 4 Start	Lane 4 Turn	Lane 5 Start	Lane 5 Turn	Lane 6 Start	Lane 6 Turn	Lane 7 Start	Lane 7 Turn	Lane 8 Start	Lane 8 Turn
WU Shift 1 Wall	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST
WU Shift 1 Flag	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST
WU Shift 1 Marke	37					DCST		DCST		DCST		DCST		DCST		
WU Shift 2 Wall	BTS	BTS	BTS	BTS	ILVY		MAC	MAC	MAC	MAC	MAC	MAC	MARL	MARL	MARL	MARL
WU Shift 2 Flag		BTS		BTS			MAC	MAC	MAC	MAC		MAC	MARL	MARL	MARL	MARL
WU Shift 2 Marke	6				1		11						9		MARL	
WU Shift 3 Wall	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	SSSC	SSSC	SSSC	SSSC	SSSC	SSSC
WU Shift 3 Flag	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy		SSSC	SSSC	SSSC	SSSC	SSSC	SSSC
WU Shift 3 Marke	19										12					
WU Shift 4 Wall	VHST	VHST	VHST	VHST	FAST	FAST	FAST	FAST	RMSC	RMSC	RMSC	RMSC	RMSC	RMSC	RMSC	RMSC
WU Shift 4 Flag	VHST	VHST	VHST		FAST	FAST	FAST	FAST	RMSC	RMSC	RMSC	RMSC	RMSC	RMSC	RMSC	RMSC
WU Shift 4 Marke	7				10	FAST		FAST	16					RMSC		RMSC

	D3S5 WU Shift 1 = 6:30AM - 6:50AM - D3S5 WU Shift 2 = 7:00AM - 7:20AM - D3S5 WU Shift 3 = 7:30AM - 7:50AM																
	DCST	VHST	BTS	FAST	ILVY	MARL	FVfy	MAC	RMSC	SSSC							
D3S5	Lane 1 Start	Lane 1 Turn	Lane 2 Start	Lane 2 Turn	Lane 3 Start	Lane 3 Turn	Lane 4 Start	Lane 4 Turn	Lane 5 Start	Lane 5 Turn	Lane 6 Start	Lane 6 Turn	Lane 7 Start	Lane 7 Turn	Lane 8 Start	Lane 8 Turn	
WU Shift 1 Wall	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	
WU Shift 1 Flag	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST	
WU Shift 1 Marke	31		DCST		DCST		DCST		DCST		DCST						
WU Shift 2 Wall	VHST	VHST	BTS	BTS	BTS	BTS	FAST	FAST	MAC	MAC	MARL	MARL	MARL	MARL	SSSC	SSSC	
WU Shift 2 Flag	VHST	VHST	BTS	BTS	BTS	BTS	FAST	FAST	MAC	MAC	MARL	MARL	MARL	MARL	SSSC	SSSC	
WU Shift 2 Marke	4		9	BTS			4		4		9	MARL			4		
WU Shift 3 Wall	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	RMSC	RMSC	RMSC	RMSC
WU Shift 3 Flag	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	FVfy	RMSC	RMSC	RMSC	RMSC
WU Shift 3 Marke	27		FVfy		FVfy		FVfy							9	RMSC		

