

Session 1 - Friday - 1500s		
Lane	Team	# of swimmers
1	DSMV	6
2	CIA	12
3	ACAC	9
4	DMSF/RIP	6/2
5	PSC/DMET	7/1
6	RAMS/SEA	3/4
7	ISWM/SPS/ACE/MAC/SCSC	2/1/1/1/1
8	IFLY	10
Buffer	IFLY	7
Program Pool		
1		
2		
3		
4		

Session 2 - Friday - 400IM/400 Free		
Lane	Team	# of swimmers
1	CIA	25
2	CIA/DSMV/NSST/CBSC	7/10/2/3
3	DSMV	25
4	DMSF/LAA	17/8
5	PSC	25
6	PSC/RAMS/RIP/DMET	2/10/10/3
7	ACAC/DMET	18/6
8	IFLY/ISWM/SEA/USSD	8/10/2/1
Buffer	IFLY	25
Program Pool		
1	ACE	7
2	ACE/SPSS	1/6
3	MACR/MAC	4/3
4	OSF/SCSC	4/3

Session 3 - Saturday - 12 & Under		
Lane	Team	# of swimmers
1	ACAC/DSMV	3/16/
2	ACAC	25
3	BLAZ/ISWM/SCSC	7/9/8
4	RIP/MACR	19/6
5	PSC/RAMS	11/1/4
6	DMSF/ACE	13/1/2
7	SPSS/MAC/USSD	5/6/9
8	CIA/SEA	21/4
Buffer	CIA	20
Program Pool		
1	NSST	2
2	SPS/OSF	4/1
3	CAST	3
4	DMET/LAA	3/1

Session 4 - Saturday - Warmup 1		
Lane	Team	# of swimmers
1	CIA	25
2	CIA/Unattached	9/1
3	NSST/BLAZ/RIP	9/5/5
4	RIP	25
5	DSMF	18
6	RAMS	18
7	DSMV	16
8	DSMV	25
Buffer	DSMV	20
Program Pool		
1		
2		
3		
4		

Session 4 - Saturday - Warmup 2		
Lane	Team	# of swimmers
1	ISWM/MACR (SLS)	17/7/1
2	ACE/CBSC	14/9
3	OSF/SCSC/SPS	9/8/1
4	ACAC	24
5	DMET/SEA	11/6
6	LAA/CAST	18/5
7	SPSS/MAC/USSD	9/7/2
8	PSC	15
Buffer	PSC	15
Program Pool		
1		
2		
3		
4		

Session 5 - Sunday - 12 & Under		
Lane	Team	# of swimmers
1	ACAC/DSMV	3/12/
2	ACAC	25
3	BLAZ/ISWM/SCSC	5/9/10
4	RIP/MACR	16/3
5	PSC/RAMS	11/9
6	DMSF/ACE	11/1/1
7	SPSS/MAC/USSD	5/5/9
8	CIA/SEA	20/3
Buffer	CIA	20
Program Pool		
1	NSST/CAST	1/1
2	SPS/OSF	3/1
3	CBSC	5
4	DMET/LAA	3/1

Session 6 - Sunday - Warmup 1		
Lane	Team	# of swimmers
1	ISWM	18
2	ACE/CBSC	13/8
3	OSF/SCSC/SPS	9/9/2
4	ACAC	22
5	DMET/SEA	11/5
6	LAA/CAST	18/6
7	SPSS/MAC/USSD	10/6/2
8	PSC/MACR (SLS)	15/8/1
Buffer	PSC	15
Program Pool		
1		
2		
3		
4		

Session 6 - Sunday - Warmup 2		
Lane	Team	# of swimmers
1	CIA	25
2	CIA/Unattached	13/1
3	NSST/BLAZ	12/6
4	RAMS	21
5	RIP	25
6	RIP/DSMF	3/19
7	DSMV	21
8	DSMV	25
Buffer	DSMV	20
Program Pool		
1		
2		
3		
4		

Competition Pool		
Lane	Team	# of swimmers
1	DSMV	6
2	CIA	12
3	ACAC	9
4	DMSF/RIP	6/2
5	PSC/DMET	7/1
6	RAMS/SEA	3/4
7	ISWM/SPS/ACE/MAC/SCSC	2/1/1/1/1
8	IFLY	10
Buffer	IFLY	7
Program Pool		
1		
2		
3		
4		

Competition Pool		
Lane	Team	# of swimmers
1	CIA	25
2	CIA/DSMV/NSST/CBSC	7/10/2/3
3	DSMV	25
4	DMSF/LAA	17/8
5	PSC	25
6	PSC/RAMS/RIP/DMET	2/10/10/3
7	ACAC/DMET	18/6
8	IFLY/ISWM/SEA/USSD	8/10/2/1
Buffer	IFLY	25
Program Pool		
1		
2		
3		
4		

Competition Pool		
Lane	Team	# of swimmers
1	ISWM/MACR (SLS)	17/7/1
2	ACE/CBSC	14/9
3	OSF/SCSC/SPS	9/8/1
4	ACAC	24
5	DMET/SEA	11/6
6	LAA/CAST	18/5
7	SPSS/MAC/USSD	9/7/2
8	PSC	15
Buffer	PSC	15
Program Pool		
1		
2		
3		
4		