

Competition Pool

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Thursday	11:30-12:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
Thursday	3:00-3:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Friday	7:00-7:25	DR	DR/BKYS/LTPY	UASC	UASC/FRCE	GTAC	CAC	USA	BASH/SYL/EAST
Friday	7:25-7:50	FMST/MAKO	ABLY/LAK	CLPR	CLPR	CM	CM/DCST	DCST	NAAC
Friday	7:50-8:15	OSSC	OSSC	WOR	WTRC/PHST/WAC	RAYS	RAYS	Open	Open

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Saturday	7:00-7:25	OSSC	OSSC	WOR	WTRC/PHST/WAC	RAYS	RAYS	Open	Open
Saturday	7:25-7:50	DR	DR/BKYS/LTPY	UASC	UASC/FRCE/FAST	GTAC/GCST	CAC/MAST	USA	BASH/SYL/EAST
Saturday	7:50-8:15	FMST/MAKO	ABLY/LAK	CLPR	CLPR	CM	CM/DCST	DCST	NAAC

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Sunday	7:00-7:25	FMST	ABLY/LAK	CLPR	CLPR	CM	DCST	DCST	NAAC
Sunday	7:25-7:50	OSSC	OSSC	WOR	WTRC/PHST/WAC	RAYS	RAYS	Open	Open
Sunday	7:50-8:15	DR	DR/BKYS	UASC	UASC/FRCE/FAST	GTAC	CAC/MAST	USA	LTYP/SYL/EAST

****Teams with under 5 swimmers at the session should use the OPEN Warm up lanes**

****Teams control their lane for 25 minutes – NO SPRINT or PUSH/PACE**

****The Diving well will be used for overflow 10 & under**

DIVING WELL (10 & Under Only until 8:15)

		Lane 1	Lane 2	Lane 3	Lane 4
Thursday	12:00-6:30	Open	Open	Open	Open

		Lane 1	Lane 2	Lane 3	Lane 4
Friday	7:00-7:25	DR	UASC/USA	CAC/GTAC	Open
Friday	7:25-7:50	CLPR	CM/NAAC	DCST/FMST	Open
Friday	7:50-8:15	OSSC	RAYS	Open	Open

		Lane 1	Lane 2	Lane 3	Lane 4
Saturday	7:00-7:25	OSSC	RAYS	Open	Open
Saturday	7:25-7:50	DR	UASC/USA	CAC/GTAC	Open
Saturday	7:50-8:15	CLPR	CM/NAAC	DCST/FMST	Open

		Lane 1	Lane 2	Lane 3	Lane 4
Sunday	7:00-7:25	CLPR	CM/NAAC	DCST/FMST	Open
Sunday	7:25-7:50	OSSC	RAYS	Open	Open
Sunday	7:50-8:15	DR	UASC/USA	CAC/GTAC	Open

****Diving well is for 10 & Under only until 8:15 AM**

****Diving well will open for warm up/warm down at 8:15**