

Important Notes: Lane 1 of the diving well is the lane closest to the bulkhead. The competition pool opens the last 5 or 15 minutes (depending on session) of warm-up for one-way sprint drills as noted.

Session 1: Friday Evening 1/13/17

Competition Pool: 5:00 pm – 5:40 pm, assigned lane format with the following lane assignments –

Lane 1: TG (15 swimmers)

Lane 2: TG (15 swimmers)

Lane 3: TG (14 swimmers)

Lane 4: GVST (4 swimmers) and CAC (9 swimmers)

Lane 5: SMRT (14 swimmers)

Lane 6: SMRT (8 swimmers) and KSA (6 swimmers)

Lane 7: AAYM (15 swimmers)

Lane 8: CS (9 swimmers) and SAS (5 swimmers)

Competition Pool: 5:40 pm – 5:50 pm

Lanes 1-4: One-way sprint drills

Lanes 5-8: Continuous circle swimming

Diving Well: 5:00 pm – 5:50 pm, assigned lane format with the following lane assignments –

Lane 1 (closest to bulkhead): SHOC (8 swimmers) and SSC (3 swimmers)

Lanes 2-6: CAT (46 swimmers)

Diving Well*: 6:00 pm – conclusion of session, all 6 lanes available for continuous pace swimming warm-up/warm-down following general procedures with no lane assignments

Session 2: Saturday Morning 1/14/17 **Note the split warm-up-session**

Session 2A:

Competition Pool: 7:30 am – 8:00 am, assigned lane format with the following lane assignments –
Lane 1-8 TG (83 swimmers)

Competition Pool: 8:00 am – 8:10 am
Lanes 1-4: One-way sprint drills
Lanes 5-8: Continuous circle swimming

Diving Well: 7:30 am – 8:00 am, assigned lane format with the following lane assignments –
Lane 1-6: CAT (36 swimmers)

Session 2B:

Competition Pool: 8:15 am – 8:45 am, assigned lane format with the following lane assignments –
Lane 1: SMRT (8 swimmers)
Lane 2: SMRT (8 swimmers)
Lane 3: SMRT (9 swimmers)
Lane 4: SHOC (9 swimmers)
Lane 5: SHOC (9 swimmers)
Lane 6: CAC (8 swimmers)
Lane 7: CAC (7 swimmers)
Lane 8: KSA (9 swimmers)

Competition Pool: 8:45 am – 8:55 am
Lanes 1-4: One-way sprint drills
Lanes 5-8: Continuous circle swimming

Diving Well: 8:15 am – 8:45 am, assigned lane format with the following lane assignments –
Lane 1: AAYM (8 swimmers)
Lane 2: CS (7 swimmers)
Lane 3: GVST (7 swimmers)
Lane 4: SSC (7 swimmers)
Lane 5: FAST (6 swimmers)
Lane 6: SAS (3 swimmers)

Diving Well: 9:00 am – conclusion of session, all 6 lanes available for continuous pace swimming warm-up/warm-down following general procedures with no lane assignments

Session 3: Saturday Afternoon 1/14/17 **Note the split warm-up-session**

Session 3A:

Competition Pool: 1:00 pm – 1:25 pm, assigned lane format with the following lane assignments –

Lanes 1-6: TG (59 swimmers)

Lanes 7-8: SSC (12 swimmers)

Competition Pool: 1:25 pm – 1:30 pm

Lanes 1-4: One-way sprint drills

Lanes 5-8: Continuous circle swimming

Diving Well: 1:00 pm – 1:25 pm, assigned lane format with the following lane assignments –

Lane 1-6: CAT (44 swimmers) and UN (2 swimmers)

Session 3b:

Competition Pool: 1:30 pm – 1:55 pm, assigned lane format with the following lane assignments –

Lane 1: SMRT (10 swimmers)

Lane 2: SMRT (10 swimmers)

Lane 3: SMRT (10 swimmers)

Lane 4: CAC (11 swimmers)

Lane 5: CAC (11 swimmers)

Lane 6: AAYM (10 swimmers)

Lane 7: AAYM (5 swimmers) and CS (6 swimmers)

Lane 8: CS (8 swimmers)

Diving Well: 1:30 pm – 1:55 pm

Lane 1: KSA (6 swimmers)

Lane 2: KSA (5 swimmers)

Lane 3: SHOC (6 swimmers)

Lane 4: SHOC (5 swimmers)

Lane 5: GVST (5 swimmers)

Lane 6: FAST (1 swimmer) and SAS (3 swimmers)

Competition Pool: 1:55 pm – 2:00 pm

Lanes 1-4: One-way sprint drills

Lanes 5-8: Continuous circle swimming

Diving Well: 2:00 pm – conclusion of session, all 6 lanes available for continuous pace swimming warm-up/warm-down following general procedures with no lane assignments

Session 4: Sunday Morning 1/15/17 **Note the split warm-up-session******

Session 4A:

Competition Pool: 7:30 am – 8:00 am, assigned lane format with the following lane assignments –

Lane 1: SMRT (8 swimmers)

Lane 2: SMRT (8 swimmers)

Lane 3: SMRT (9 swimmers)

Lane 4: CAC (8 swimmers)

Lane 5: CAC (7 swimmers)

Lane 6: SHOC (10 swimmers)

Lane 7: AAYM (9 swimmers)

Lane 8: SSC (9 swimmers)

Competition Pool: 8:00 am – 8:10 am

Lane 1-4: One-way sprint drills

Lanes 5-8: Continuous circle swimming

Diving Well: 7:30 am – 8:00 am, assigned lane format with the following lane assignments –

Lane 1: KSA (7 swimmers)

Lane 2: CS (6 swimmers)

Lane 3: FAST (6 swimmers)

Lane 4: GVST (6 swimmers)

Lane 5: SAS (3 swimmers)

Lane 6:

Session 4B:

Competition Pool: 8:15 am – 8:45 am, assigned lane format with the following lane assignments –

Lane 1-8 TG (61 swimmers)

Competition Pool: 8:45 am – 8:55 am

Lanes 1-4: One-way sprint drills

Lanes 5-8: Continuous circle swimming

Diving Well: 8:15 am – 8:45 am, assigned lane format with the following lane assignments –

Lane 1-6: CAT (31 swimmers)

Diving Well: 9:00 am – conclusion of session, all 6 lanes available for continuous pace swimming warm-up/warm-down following general procedures with no lane assignments

Session 5: Sunday Afternoon 1/15/17Note the split warm-up-session****

Session 5a

Competition Pool: 1:00 pm – 1:25 pm, assigned lane format with the following lane assignments –

- Lane 1: SMRT (8 swimmers)
- Lane 2: SMRT (8 swimmers)
- Lane 3: SMRT (9 swimmers)
- Lane 4: CAC (8 swimmers)
- Lane 5: CAC (7 swimmers)
- Lane 6: CAC (7 swimmers)
- Lane 7: CS (5 swimmers) and GVST (4 swimmers)
- Lane 8: CS (5 swimmers) and SAS (2 swimmers)

Competition Pool: 1:25 pm – 1:30 pm

- Lanes 1-4: One-way sprint drills
- Lanes 5-8: Continuous circle swimming

Diving Well: 1:00 pm – 1:25 pm, assigned lane format with the following lane assignments –

- Lane 1: KSA (5 swimmers) and FAST (1 swimmer)
- Lane 2: KSA (5 swimmers)
- Lane 3: SHOC (7 swimmers)
- Lane 4: SHOC (7 swimmers)
- Lane 5: AAYM (8 swimmers)
- Lane 6: AAYM (7 swimmers)

Session 5b:

Competition Pool: 1:30 pm – 1:55 pm, assigned lane format with the following lane assignments –

- Lanes 1-6: TG (50 swimmers)
- Lanes 7-8: SSC (15 swimmers)

Diving Well: 1:30 pm – 1:55 pm

- Lane 1-6: CAT (37 swimmers) and UN (2 swimmers)

Competition Pool: 1:55 pm – 2:00 pm

- Lanes 1-4: One-way sprint drills
- Lanes 5-8: Continuous circle swimming

Diving Well: 2:00 pm – conclusion of session, all 6 lanes available for continuous pace swimming warm-up/warm-down following general procedures with no lane assignments