

Friday Session

	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
4:30 – 5:05	MSC / NS	BBA / NOVA	SST	CW	CW	USSC	PCC	OLY
5:05 – 5:40	HVP / FISH / GPG / BBD / FFYS / MD	LL / GLT	SCST	CW	CW	USSC	PCC	OLY
5:40 – 5:55	Pace	Circle Swim	Starts	Circle Swim	Circle Swim	Starts	Circle Swim	Pace

DIVE WELL OPEN THE WHOLE WARM-UP FOR THOSE WHO ARE INTERESTED!

Saturday AM Session

	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
7:30 – 8:05	SCST	BBA	SST	CW	CW	USSC	PCC	PCC
8:05 – 8:40	SCST / FFYS	GLT / DASA	SST	CW	CW	USSC	GPG / OLY	PCC
8:40 – 8:55	Starts	Starts	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Starts	Starts

Saturday PM Session

	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
1:00 – 1:50	SCST	BBA	SST	CW	CW	USSC	PCC	OLY
1:50 – 2:15	NOVA / GPG	BBA	SST	CW / UN	CW / BBD	USSC	PCC	OLY
2:15 – 2:25	Starts	Starts	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Starts	Starts

SATURDAY 800 Session

No Assigned Lanes

DIVE WELL OPEN THE WHOLE WARM-UP FOR THOSE WHO ARE INTERESTED!

Sunday AM

	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
7:30 – 7:55	SCST	FFYS / HVP / MSC	SST	CW	CW	USSC	PCC	BBA / GPG
7:55 – 8:20	SCST	SST / RBST / FLY	SST	CW	CW	USSC	PCC	BBA / GPG
8:20 – 8:45	LL / MD	RAZ / OLY	NS	CW	CW	USSC	PCC	DASA / GLT
8:45 – 8:55	Starts	Starts	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Starts	Starts

Sunday PM

	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
1:00 – 1:50	SCST	BBA	SST	CW	CW	USSC	PCC	OLY
1:50 – 2:15	SCST / GPG	BBA / FFYS	SST / NOVA	CW / UN	CW / BBD	USSC	PCC / RBST	OLY / RAZ
2:15 – 2:25	Starts	Starts	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Starts	Starts

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