11 & Over Sessions												
Diving Well												
	1	2	3	4	5	6	7	8				
Thursday 3:30-4:30	Open to all Swimmers											
Competition Pool												
	1	2	3	4	5	6	7	8				
Thursday 3:30-4:10	Open to all Swimmers											
4:10-4:25	Pace	Pace	One Way Starts	One Way Starts	One Way Starts	One Way Starts	Pace	Pace				
Diving Well												
	1	2	3	4	5	6	7	8				
7:00-8:30AM	Open to all Swimmers											
Competition Pool												
	1	2	3	4	5	6	7	8				
7:00-7:50	Open to 11 &	12 Swimmers	Open to 13 & Over Swimmers									
7:50-8:10 All	Pace	1 Way Sprint	1 Way Sprint	Open	Open	1 Way Sprint	1 Way Sprint	Pace				

10 & Under Sessions												
	1	2	3	4	5	6	7	8				
Friday & Saturday		A A A A /CNG	I A /A (EXXX	ODW/COOL		EKCAH H	ANDD/DWCT	TOTALA C				
Not before 12:00 will announce at meet	КСВ	AAAA/CNS TRI	LA/MEXY CSC	OPY/COOL LIFE/NWSC	WSC	EKC/NLU WNYN	ANDR/BWST HYSC/OTS	TST/WAS WKSC/KCSA				
Last 15 minutes	One Way Starts	One Way Starts	One Way Starts	One Way Starts	One Way Starts	One Way Starts	One Way Starts	One Way Starts				