

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
Fri, Sat & Sun 7:00-8:30AM	Open to all Swimmers							

Competition Pool								
	1	2	3	4	5	6	7	8
Fri, Sat & Sun 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

