

12:00-12:30 p.m.

Lane 1	Waukesha South/CMH
Lane 2	Waukesha South/CMH
Lane 3	Marquette
Lane 4	Waukesha West/Muk
Lane 5	Menomonee Falls/Hamilton
Lane 6	Menomonee Falls/Hamilton
Lane 7	Wauwatosa East/West
Lane 8	Wauwatosa East/West
Lane 9	Circle swim for anyone in group 1 only

12:30-1:00 p.m.

Lane 1	Germantown
Lane 2	Waukesha North/KM/Pewaukee
Lane 3	Waukesha North/KM/Pewaukee
Lane 4	Muskego
Lane 5	Arrowhead
Lane 6	Arrowhead
Lane 7	Brookfield
Lane 8	Brookfield
Lane 9	Circle swim for anyone in group 2 only

1:00-1:15p.m.

Lane 1	One way starts
Lane 2	One way starts
Lane 3	One way starts
Lane 4	One way starts
Lane 5	Relay Exchanges
Lane 6	Relay Exchanges
Lane 7	Pace
Lane 8	Pace
Lane 9	General warm up