Monday July 22- Meet Starts at 9:00AM

Session 1 -- 8 and under Age Groups

	Competition Pool								Non-Competition Pool										
	Lane 1	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**Lane 9**	**Lane 10**	**Lane 11**
8:00A		CST	CST	HST	HST	WL	WL	FBST	BPST	MGAA	MGAA	MGAA	MGAA	MGAA	HHT	HHT	HHT	HHT	HHT
8:15A		SL	SL	FAST	FAST	FC	FC		SM	SM	HMST	HMST	HMST	TST	TST	TST	SCC	SCC	SCC
8:30A		GPST/MCC	HPST	HPST	HPST	QM	QM		WRST	WRST	WRST	WRST	WPST	WPST	WWST	WWST	SL	SL	BST/CWC

15 minute warm-up sessions, lanes 1 & 8 in competition pool = continuous block starts

Monday July 22 - Meet Starts at 2:30 PM

Session 2 -- 9-10 Age Group

	Competition Pool								Non-Competition Pool										
	Lane 1	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**Lane 9**	**Lane 10**	**Lane 11**
1:30			SCC	SCC	SL	SL			HHT	HHT	HHT	HHT	HHT	SM	SM	SM	TST	TST	TST
1:45			FC	FC	FAST	FAST			HPST	HPST	HMST	HMST	MGAA	MGAA	MGAA	MGAA	QM	QM	BPST
2:00			FBST	GPST	CWC/MCC	BST/CST			HST	WL	WL	WRST	WRST	WRST	WRST	WWST	WWST	WPST	WPST

15 minute warm-up sessions, lanes 1, 2, 7 & 8 in competition pool = continuous block starts

Tuesday, July 23 - Meet Starts at 9:00 AM

Session 3 -- 11-12 Age Groups

	Competition Pool								Non-Competition Pool										
	Lane 1	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**Lane 9**	**Lane 10**	**Lane 11**
8:00A	FC	FC	FAST	FAST	HHT	HHT	HHT	GPST	MGAA	MGAA	MGAA	TST	TST	HST	HST	SCC/SM	WL	HPST	HPST
8:20A		BPST	BPST	BPST	WWST	HMST	HMST		WRST	WRST	WRST	WPST	WPST	CST	CWC	FBST	QM	SL	BST/MCC

20 minute warm-up sessions, lanes 1 & 8 in competition pool = continuous block starts

Tuesday, July 23 - Meet Starts at 2:15 PM

Session 4 -- 13-18 Age Groups

	Competition Pool								Non-Competition Pool										
	Lane 1	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**Lane 9**	**Lane 10**	**Lane 11**
1:00P		HHT	HHT	HHT	HHT	QM	QM	QM	WPST	WPST	WPST	WPST	WWST	FC	FC	FAST	FAST	FAST	FAST
1:20P		BPST	BPST	BPST	HPST	HPST	HPST		HST	HST	HST	WL	WL	WL	BST/CWC	CST	CST	MCC	TST
1:40P		WRST	WRST	WRST	WRST	SL	SL		SCC	SCC	SM	SM	HMST	HMST	MGAA	MGAA	GPST	GPST	FBST

20 minute warm-up sessions, lanes 1 & 8 in competition pool = continuous block starts