

Friday

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
1																		
2	Friday Warm up																	
3																		
4		1st Warm up:			4:00 - 4:40 p.m.													
5																		
6				Shallow End				Deep End										
7	Lane 0	Lane1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	
8	WSC	WSC	WSC	WSC	WNYN	WAS	WAS	TST	TST	KCB	KCB	KCB	KCB	KCB	KCB	KCB	KCB	
9				SAC			MM											
10							NWSC											
11																		
12																		
13	10.5	10.5	10.5	10.5	11	10	10	10.5	10.5	10.3	10.3	10.3	10.3	10.3	10.3	10.3	10.3	
14																		
15																		
16	2nd Warm up:			4:40 - 5:20 p.m.														
17																		
18					Shallow End				Deep End									
19	Lane 0	Lane1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	
20	CSC	CSC	CSC	CSC	CSC	AHWK	AHWK	TSA	TSA	TSA	SPA	SPA	SPA	JCKW	SABW	SABW	TD	
21					NLU		MMAC			MSA			KVS			HASC	COOL	
22										BSSC			HYSC			WKSC	TSS	
23																		
24	10.6	10.6	10.6	10.6	10.6	10.5	10.5	10	10	10	10.3	10.3	10.3	11	10.5	10.5	11	
25																		

Sat. & Sun.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
1																		
2	Saturday/Sunday Warm up																	

