

Friday Distance Session 1	
5:00-5:40 pm	OPEN

Saturday Session 2 - 13&Over		
30 minute warmups		
Lane	6:30-6:55 am	6:55-7:20 am
C1	TOLL	PAC
C2	TOLL	PAC
C3	TOLL	PAC
C4	TOLL	QOSA
C5	TOLL	QOSA
C6	TOLL	QOSA
C7	FAST	ASTS
C8	HEAL	ASTS
C9	PPR	NCAP
C10	TRA / TSAC	NCAP
W1	ASA	NCAP
W2	ASA	NCAP
W3	ASA	NCAP
W4	ASA	NCAP
W5	ASA	NCAP

Sunday Session 5 - 13&Over		
30 minute warmups		
Lane	6:30-6:55 am	6:55-7:20 am
C1	NCAP	TOLL
C2	NCAP	TOLL
C3	NCAP	TOLL
C4	NCAP	TOLL
C5	NCAP	TOLL
C6	NCAP	TOLL
C7	NCAP	FAST
C8	NCAP	HEAL
C9	NCAP	PPR / TRA
C10	NCAP	TSAC / UNAT
W1	PAC	ASA
W2	PAC	ASA
W3	PAC	ASA
W4	QOSA	ASA
W5	QOSA	ASA

<b>W6</b>	ASA	NCAP
<b>W7</b>	ASA	NCAP
<b>W8</b>	ASA	NCAP

<b>W6</b>	QOSA	ASA
<b>W7</b>	ASTS	ASA
<b>W8</b>	ASTS	ASA

	<b>Saturday Session 3 - 11-12</b>	
	<b>20 minute warmups</b>	
<b>Lane</b>	<b>12:15-12:35 pm</b>	<b>12:35-12:55 pm</b>
<b>C1</b>	TOLL	NCAP
<b>C2</b>	TOLL	NCAP
<b>C3</b>	TOLL	NCAP
<b>C4</b>	TOLL	NCAP
<b>C5</b>	TOLL	NCAP
<b>C6</b>	TOLL	NCAP
<b>C7</b>	TOLL	NCAP
<b>C8</b>	TOLL	NCAP
<b>C9</b>	TOLL	NCAP
<b>C10</b>	TOLL	ASA
<b>W1</b>	ASTS	PAC
<b>W2</b>	ASTS	PAC
<b>W3</b>	FAST	PAC
<b>W4</b>	QOSA	PAC
<b>W5</b>	QOSA	PAC
<b>W6</b>	QOSA	PAC

	<b>Sunday Session 6 - 11-12</b>	
	<b>20 minute warmups</b>	
<b>Lane</b>	<b>11:45 am - 12:05 pm</b>	<b>12:05-12:25 pm</b>
<b>C1</b>	TOLL	NCAP
<b>C2</b>	TOLL	NCAP
<b>C3</b>	TOLL	NCAP
<b>C4</b>	TOLL	NCAP
<b>C5</b>	TOLL	NCAP
<b>C6</b>	TOLL	NCAP
<b>C7</b>	TOLL	NCAP
<b>C8</b>	TOLL	NCAP
<b>C9</b>	TOLL	NCAP
<b>C10</b>	TOLL	NCAP
<b>W1</b>	ASTS	QOSA
<b>W2</b>	ASTS	QOSA
<b>W3</b>	ASA / FAST	QOSA
<b>W4</b>	PAC	QOSA
<b>W5</b>	PAC	QOSA
<b>W6</b>	PAC	QOSA

<b>W7</b>	QOSA	PPR
<b>W8</b>	TRA	PPR

<b>W7</b>	PAC	PPR
<b>W8</b>	PAC	TRA

<b>Saturday Session 4 - 9-10</b>		
<b>25 minute warmups</b>		
<b>Lane</b>	<b>3:00-3:25 pm</b>	<b>3:25-3:50 pm</b>
<b>C1</b>	NCAP	ASTS
<b>C2</b>	NCAP	ASTS
<b>C3</b>	NCAP	ASTS
<b>C4</b>	NCAP	FAST
<b>C5</b>	NCAP	HEAL
<b>C6</b>	NCAP	PAC
<b>C7</b>	NCAP	PAC
<b>C8</b>	NCAP	PAC
<b>C9</b>	NCAP	PAC
<b>C10</b>	NCAP	TRA / TSAC
<b>W1</b>	TOLL	QOSA
<b>W2</b>	TOLL	QOSA
<b>W3</b>	TOLL	QOSA
<b>W4</b>	TOLL	QOSA
<b>W5</b>	TOLL	QOSA
<b>W6</b>	TOLL	QOSA
<b>W7</b>	TOLL	PPR

<b>Sunday Session 7 - 9-10</b>		
<b>20 minute warmups</b>		
<b>Lane</b>	<b>2:45-3:05 pm</b>	<b>3:05-3:25 pm</b>
<b>C1</b>	NCAP	PAC
<b>C2</b>	NCAP	PAC
<b>C3</b>	NCAP	PAC
<b>C4</b>	NCAP	QOSA
<b>C5</b>	NCAP	QOSA
<b>C6</b>	NCAP	QOSA
<b>C7</b>	NCAP	QOSA
<b>C8</b>	NCAP	QOSA
<b>C9</b>	NCAP	QOSA
<b>C10</b>	NCAP	QOSA
<b>W1</b>	TOLL	ASTS
<b>W2</b>	TOLL	ASTS
<b>W3</b>	TOLL	HEAL
<b>W4</b>	TOLL	PPR
<b>W5</b>	TOLL	PPR
<b>W6</b>	TOLL	TRA
<b>W7</b>	TOLL	TSAC

<b>W8</b>	TOLL	PPR
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<b>W8</b>	TOLL	FAST
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