

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

	Saturday Session 2 - 13&Over	
	25 minute warmups	
Lane	6:30 - 6:55 am	6:55 - 7:20 am
C1	TOLL	QOSA
C2	TOLL	QOSA
C3	TOLL	QOSA
C4	TOLL	ASA
C5	TOLL	ASA
C6	TOLL	ASA
C7	TOLL	ASA
C8	PAC	ASA
C9	PAC	ASA
C10	PGPR	ASA
W1	MACH	SA/TRA
W2	MACH	NCAP
W3	MACH	NCAP
W4	MACH	NCAP
W5	MACH	NCAP
W6	MACH	NCAP
W7	ASTS	NCAP
W8	YBCC	NCAP

	Sunday Session 5 - 13&Over	
	25 minute warmups	
Lane	6:30 - 6:55 am	6:55 - 7:20 am
C1	QOSA	PAC
C2	QOSA	PAC
C3	QOSA	ASTS/YBCC
C4	ASA	ASTS/YBCC
C5	ASA	MACH
C6	ASA	MACH
C7	ASA	MACH
C8	ASA	MACH
C9	ASA	MACH
C10	SA/TRA	MACH
W1	NCAP	PGPR
W2	NCAP	TOLL
W3	NCAP	TOLL
W4	NCAP	TOLL
W5	NCAP	TOLL
W6	NCAP	TOLL
W7	NCAP	TOLL
W8	NCAP	TOLL

	Saturday Session 3 - 11-12	
	25 minute warmups	
Lane	12:25 - 12:50 pm	12:50 - 1:15 pm
C1	QOSA	NCAP
C2	QOSA	NCAP
C3	QOSA	NCAP
C4	QOSA	NCAP
C5	QOSA	NCAP
C6	QOSA	NCAP
C7	QOSA	NCAP
C8	QOSA	ASTS
C9	YBCC/PGPR	ASTS
C10	YBCC/PGPR	ASTS
W1	TOLL	MACH
W2	TOLL	MACH
W3	TOLL	MACH
W4	TOLL	PAC
W5	TOLL	PAC
W6	TOLL	PAC
W7	TOLL	PAC
W8	TOLL	SA/TRA

	Sunday Session 6 - 11-12	
	25 minute warmups	
Lane	12:30 - 12:55 pm	12:55 - 1:20 pm
C1	SA	PGPR
C2	NCAP	TOLL
C3	NCAP	TOLL
C4	NCAP	TOLL
C5	NCAP	TOLL
C6	NCAP	TOLL
C7	NCAP	TOLL
C8	NCAP	TOLL
C9	NCAP	TOLL
C10	NCAP	TOLL
W1	MACH	YBCC
W2	MACH	QOSA
W3	MACH	QOSA
W4	ASTS	QOSA
W5	ASTS	QOSA
W6	ASTS	QOSA
W7	PAC	QOSA
W8	PAC	QOSA

	Saturday Session 4 - 9-10	
	20 minute warmups	
Lane	4:05 - 4:25 pm	4:25 - 4:45 pm
C1	NCAP	PAC
C2	NCAP	PAC
C3	NCAP	PAC
C4	NCAP	PAC
C5	NCAP	QOSA
C6	NCAP	QOSA
C7	NCAP	QOSA
C8	NCAP	QOSA
C9	NCAP	QOSA
C10	NCAP	QOSA
W1	YBCC	SA
W2	TOLL	PGPR
W3	TOLL	MACH
W4	TOLL	MACH
W5	TOLL	MACH
W6	TOLL	MACH
W7	TOLL	ASTS
W8	TOLL	ASTS

	Sunday Session 7 - 9-10	
	20 minute warmups	
Lane	3:45 - 4:05 pm	4:05 - 4:25 pm
C1	ASTS	YBCC
C2	ASTS	SA
C3	MACH	TOLL
C4	MACH	TOLL
C5	MACH	TOLL
C6	MACH	TOLL
C7	PGPR	TOLL
C8	TRA	TOLL
C9	NCAP	TOLL
C10	NCAP	TOLL
W1	NCAP	PAC
W2	NCAP	PAC
W3	NCAP	PAC
W4	NCAP	QOSA
W5	NCAP	QOSA
W6	NCAP	QOSA
W7	NCAP	QOSA
W8	NCAP	QOSA