

Thursday July 28 - Meet Starts at 1:15pm

Session 1 -- 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
12:15P	SCC	SCC	FCST	FCST	FCST	HHT	1-Way Starts		GPST	MCC	BST	BST	FB	FB					
12:30P	CRA	CRA	BGC	BGC	WMST	WMST	1-Way Starts		TST	CW	FAST	FAST	BPST	BPST					
12:45P	WPST	WPST	HST	HST	WL	WL	1-Way Starts		HPST	HPST	QM	YPOW	SL	MGAA					

15 minute warm-up sessions

Thursday July 28 - Meet Starts at 6:00pm

Session 2 -- 11-12 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
5:05P	QM	QM	FAST	FAST	MCC	TST	1-Way Starts		CRA	CRA	WL	BPST	WPST	CW	YPOW	BGC	BGC		
5:25P	HPST	HPST	FB	SL	SCC	MGAA	1-Way Starts		HST	BST	FCST	FCST	GPST	HHT	WMST	WMST			

20 minute warm-up sessions

Friday July 29 - Meet Starts at 9:00am

Session 3 -- 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	1-Way Starts		WMST	WMST	WMST	GPST	1-Way Starts		FCST	FCST	FCST	FB	FB	SL	SL	SL	WL	WL	
8:15A	1-Way Starts		BST	TST	TST	CW	1-Way Starts		BPST	FAST	FAST	FAST	MCC	WPST	WPST	QM	QM	HPST	HPST
8:30A	1-Way Starts		CRA	CRA	HST	HST	1-Way Starts		BGC	BGC	MGAA	MGAA	SCC	SCC	YPOW	HHT	HHT	HHT	HHT

15 minute warm-up sessions

Friday July 29 - Meet Starts at 3:00pm

Session 4 -- 13-14 and 15-18 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
1:50P	1-Way Starts		FCST	FCST	WL	YPOW	1-Way Starts		HPST	HPST	BST	BST	CW	CRA	CRA	CRA	CRA	CRA	
2:10P	1-Way Starts		BPST	BPST	MCC	MCC	1-Way Starts		QM	QM	WPST	WPST	WPST	TST	HHT	MGAA			
2:30P	1-Way Starts		FAST	FAST	FAST	BGC	1-Way Starts		WMST	WMST	WMST	SL	SL	GPST	GPST	HST	SCC		

20 minute warm-up sessions