

Competition Pool								
Lanes	1	2	3	4	5	6	7	8
Group 1	Region 7					Region 6, 14,15 & 16		
Clear the Pool								
Group 2	Region 1			Region 2			Region 3	
Clear the Pool								
Group 3	Region 4						Region 5	Region 11

Warm up lanes are open to each group at any time for lap swimming only no starts or diving!

	Session 1 Starts 4:00 pm	Session 2 Starts 8:30 am	Session 3 Starts 2:00 pm	Session 4 Starts 8:30 am	Session 5 Starts 2:00 pm	Session 6 Starts 9:00 am
Group 1	2:15-2:40	7:15-7:40	1:15-1:40	6:45-7:10	12:45-1:10	8:20-8:45
Group 2	2:45-3:10	7:45-8:10	12:15-12:40	7:15-7:40	1:15-1:40	7:25-7:50
Group 3	3:15-3:40	6:45-7:10	12:45-1:10	7:45-8:10	12:15-12:40	7:55-8:15
	Warmups	Warmups	Warmups	Warmups	Warmups	Warmups

The last ten minutes will be for one way starts in the competition pool. Lanes 1,3,5,7 will be from the blocks. Lanes 2,4,6,8 will be from the buldhead.