Friday AM	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**SCM POOL**
Warm up: 6:45-7:50am	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
at 7:15am	PACE	SPRINT	RETURN LANE	OPEN	OPEN	RETURN LANE	SPRINTS	PACE	OPEN
Start time: 8:00am									
Friday PM	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**SCM POOL**
Warm up: 12:30-12:50pm	LSS NA	SWAT LIFE	HLA	HUSK GNST	HUSK FAST	SCSC LYD	SCSC CBSC	MAC NYA	OPEN
Warm up: 12:50-1:10pm	GOAL	GOAL	BT BARR	BT	SO KTSC	SO	ACE HYAC	ACE	OPEN
Start time: 1:15pm									
Friday Finals	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**SCM POOL**
Warm up: 4:30-5:10pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
At 4:55pm	PACE	SPRINT	RETURN LANE	OPEN	OPEN	RETURN LANE	SPRINTS	PACE	OPEN
Start time: 5:15pm									

Saturday AM	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**SCM POOL**
Warm up: 6:45-7:50am	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
at 7:15am	PACE	SPRINT	RETURN LANE	OPEN	OPEN	RETURN LANE	SPRINTS	PACE	OPEN
Start time: 8:00am									
ALL 800 Freestyles are in the AM, please provide your own 2 timers and counter.									
Saturday PM	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**SCM POOL**
Warm up: 12:30-12:50pm	LSS	GNST	HLA LIFE	SCSC	ACE	ACE	GOAL	GOAL	OPEN
Warm up: 12:50-1:10pm	HUSK	HUSK LYD	SO	SO NA CBSC	BT	BT MAC	SWAT BARR	NYA FAST HYAC KTSC	OPEN
Start time: 1:15pm									
Saturday Finals	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**SCM POOL**
Warm up: 4:30-5:10pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
At 4:55pm	PACE	SPRINT	RETURN LANE	OPEN	OPEN	RETURN LANE	SPRINTS	PACE	OPEN
Start time: 5:15pm									

Sunday AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	SCM POOL
Warm up: 6:45-7:50am	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
at 7:15am	PACE	SPRINT	RETURN LANE	OPEN	OPEN	RETURN LANE	SPRINTS	PACE	OPEN
Start time: 8:00am									
ALL 1500 Freestyles are in the AM, please provide your own 2 timers and counter.									
Sunday PM	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**SCM POOL**
Warm up: 12:30-12:50pm	LSS	SCSC	GOAL	GOAL	ACE BARR	ACE HYAC	SO LIFE	SO NA	OPEN
Warm up: 12:50-1:10pm	HUSK LYD	HUSK HG	BT SWAT	BT FAST	GNST KTSC	GNST MAC	HLA CBSC	HLA NYA	OPEN
Start time: 1:15pm									
Sunday Finals	**Lane 1**	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**	**Lane 7**	**Lane 8**	**SCM POOL**
Warm up: 4:30-5:10pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
At 4:55pm	PACE	SPRINT	RETURN LANE	OPEN	OPEN	RETURN LANE	SPRINTS	PACE	OPEN
Start time: 5:15pm									