

**FRIDAY WARM UPS**

1st	1	2	3	4	5	6	7	8
5:30-6:45	FCST	FCST	FCST	FCST	HSC	HSC RICE	SPA	SPA

**SATURDAY WARM UPS**

1ST	1	2	3	4	5	6	7	8
11:30-11:55	SPA	SPA	SPA	SPA	SPA	SPA	SPA	CSC
2ND	1	2	3	4	5	6	7	8
11:55-12:20	FCST	FCST	FCST	FCST	FCST	FCST	FCST	FCST
3RD	1	2	3	4	5	6	7	8
12:20-12:45	RICE	RICE	RICE	RICE	HSC	HSC	HSC	HSC

**SUNDAY WARM UPS**

1ST	1	2	3	4	5	6	7	8
7:30-7:55	SPA	SPA	SPA	SPA	SPA	SPA	UNAT	UNAT
2ND	1	2	3	4	5	6	7	8
7:55-8:20	FCST	FCST	FCST	GCST	FCST	FCST	FCST	FCST

3RD	1	2	3	4	5	6	7	8
8:20-8:45	HSC	HSC	HSC	HSC RICE	RICE	RICE	RICE	RICE

**FRIDAY TIMING**

CHAIR	1	2	3	4	5	6	7	8
1	FCST	FCST	FCST	FCST	FCST	HSC	HSC	SPA
2	FCST	FCST	FCST	FCST	FCST	HSC	SPA	SPA

**FOR THE 500 FREE YOU MUST PROVIDE YOUR OWN 2 TIMERS AND LAP COUNTER**

**SATURDAY TIMING**

CHAIR	1	2	3	4	5	6	7	8
1	FCST	FCST	FCST	FCST	FCST	HSC	HSC	RICE
2	FCST	FCST	FCST	FCST	CSC	HSC	RICE	RICE

**FOR THE 500 & 1650 FREE YOU MUST PROVIDE YOUR OWN 2 TIMERS AND LAP COUNTER**

**SUNDAY TIMING**

CHAIR	1	2	3	4	5	6	7	8
1	FCST	FCST	FCST	FCST	FCST	HSC	HSC	RICE
2	FCST	FCST	FCST	FCST	RIVER OAKS	HSC	RICE	RICE

**FOR THE 500 & 1650 FREE YOU MUST PROVIDE YOUR OWN 2 TIMERS AND LAP COUNTER**