

**SESSION 1- SATURDAY, MARCH 9- 13/14 YEAR OLDS**

<b>COMPETITION POOL</b>								
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
8:00-8:25	BCY	RAYS	RAYS	RAYS	RAYS	RAYS	KAY	KAY
8:25-8:50	AAY/HATY	LCY	LCY	WCAY	WCAY	NP	NP	UBY
8:50-9:00 ONE WAY SPRINTS								

<b>WARM DOWN POOL</b>								
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
8:00-8:25	UMLY	UMLY	UMLY	UMLY	UMLY	LYM	LYM	JY
8:25-8:50	RKRY	RKRY/THY	RY	RY	BYNS	BYNS	CBFY	CBFY
8:50-9:00 ONE WAY SPRINTS								

**SESSION 2- SATURDAY, MARCH 9- 15/OVERS**

<b>COMPETITION POOL</b>								
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
3:00-3:25	BYNS	BYNS	LYM	LYM	KAY	KAY	WCAY	WCAY
3:25-3:50	RY	RY	RY	RY	PAY	PAY	PAY	PAY
3:50-4:00 ONE WAY SPRINTS								

<b>WARM DOWN POOL</b>								
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
3:00-3:25	UMLY	UMLY	UMLY	UMLY	UMLY	UMLY	LCY	LCY
3:25-3:50	THY	THY	JY	CBFY	RKRY	NP/HATY	UBY/AAY	OPEN
3:50-4:00 ONE WAY SPRINTS								

**SESSION 4- SUNDAY, MARCH 10- 10/UNDERS**

<b>COMPETITION POOL</b>								
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
9:00-9:25	PAY	PAY	PAY	RKRY	RKRY	NPY	THY	HATY
9:25-9:50	LCY	LCY	LCY	BYNS	BYNS	KAY	KAY/AAY	JY/UBY
9:50-10:00 ONE WAY SPRINTS								

<b>WARM DOWN POOL</b>								
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
9:00-9:25	UMLY	UMLY	UMLY	RY	RY	CBFY	CBFY	LYM
9:25-9:50	RAYS	RAYS	RAYS	RAYS	WCAY	WCAY	WCAY	BCY
9:50-10:00 ONE WAY SPRINTS								

**SESSION 5- SUNDAY, MARCH 10- 11/12 YEAR OLDS**

<b>COMPETITION POOL</b>								
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
2:00-2:25	WCAY	WCAY	WCAY/HATY	BYNS	BYNS	LYM	LYM	UBY
2:25-2:50	RAYS	RAYS	RAYS	CBFY	CBFY	JY	JY/THY	AAY
2:50-3:00 ONE WAY SPRINTS								

<b>WARM DOWN POOL</b>								
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
2:00-2:25	UMLY	UMLY	UMLY	KAY	KAY	RY	RY	BCY
2:25-2:50	PAY	PAY	PAY	LCY	LCY	NPY	NPY	RKRY
2:50-3:00 ONE WAY SPRINTS								