

# Competition Pool Schedule: Monday, June 20-Sunday, June 26

Monday, 6/20

Deep End	Ladder									Ladder								Shallow End								
	21	20	19	18	17	16	15	14		13	12	11	10	9	8	7	6		5	4	3	2	1	0		
4:30-5 AM	[Dark Grey Block]								[Light Grey Block]	[Dark Grey Block]								[Red Block]				[Blue Block: NCAP Long Course 4:45-7:15a; 5 lanes]				[Orange Block: Masters 1 lane]
5-5:30 AM																										
5:30-6 AM																										
6-6:30 AM																										
6:30-7 AM																										
7-7:30 AM	Transition to short course; 7:15-7:30																									
7:30-8 AM	[Light Grey Block]								[Light Grey Block]	[Light Green Block]								[Light Green Block]				[Light Green Block]				
8-8:30 AM																										
8:30-9 AM																										
9-9:30 AM																										
9:30-10 AM																										
10-10:30 AM																										
10:30-11 AM																										
11-11:30 AM																										
11:30-12 PM																							[Orange Block: Masters 11:30-12:45p]			
12-12:30 PM																										
12:30-1 PM	[Light Green Block]								[Light Grey Block]	[Light Green Block]								[Light Green Block]								
1-1:30 PM																										
1:30-2 PM																										
2-2:30 PM																										
2:30-3 PM																										
3-3:30 PM																										
3:30-4 PM																										
4-4:30 PM																										
4:30-5 PM																										
5-5:30 PM																			[Blue Block: NCAP 5:00-6:30p; 5 lanes]							
5:30-6 PM																										
6-6:30 PM	[Blue Block: NCAP 7:00-8:00p; 5 lanes]				[Blue Block: NCAP 6:00-7:00p; 3 lanes]																					
6:30-7 PM																										
7-7:30 PM																										
7:30-8 PM																										
8-8:30 PM	[Light Grey Block]								[Light Grey Block]	[Light Green Block]								[Light Green Block]								
8:30-9 PM																										
9-9:30 PM																										

# Competition Pool Schedule: Monday, June 20-Sunday, June 26

Tuesday, 6/21

Time	Ladder					Ladder								Ladder										
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0		
4:30-5 AM									Masters 4:45-6:00a															
5-5:30 AM																								
5:30-6 AM	NCAP 5:30-7:00a; 5 lanes																							
6-6:30 AM	NCAP 5:30-7:00a; 5 lanes																							
6:30-7 AM	NCAP 5:30-7:00a; 5 lanes																							
7-7:30 AM																								
7:30-8 AM																								
8-8:30 AM																								
8:30-9 AM																								
9-9:30 AM																								
9:30-10 AM									Deep Water 9:20a-10:20a															
10-10:30 AM																								
10:30-11 AM																								
11-11:30 AM																								
11:30-12 PM																								
12-12:30 PM																								
12:30-1 PM																								
1-1:30 PM																								
1:30-2 PM																								
2-2:30 PM																								
2:30-3 PM																								
3-3:30 PM																								
3:30-4 PM	NCAP 3:30-5:30p; 5 lanes																							
4-4:30 PM	NCAP 3:30-5:30p; 5 lanes																							
4:30-5 PM	NCAP 3:30-5:30p; 5 lanes																							
5-5:30 PM																								
5:30-6 PM																								
6-6:30 PM	NCAP 6:00-7:30p; 5 lanes																							
6:30-7 PM	NCAP 6:00-7:30p; 5 lanes																							
7-7:30 PM	NCAP 6:00-7:30p; 5 lanes																							
7:30-8 PM																								
8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								

Camp starts!

# Competition Pool Schedule: Monday, June 20-Sunday, June 26

Wednesday, 6/22

Deep End	Ladder								Ladder								Ladder																				
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0															
4:30-5 AM	[Dark Grey Block]								[Dark Grey Block]								[Dark Grey Block]																				
5-5:30 AM																																					
5:30-6 AM																									OCCS Long Course 4:45-7:15a; 4 lanes				[Red Block]				NCAP Long Course 4:45-7:15a; 5 lanes				Masters 1 lane
6-6:30 AM																																					
6:30-7 AM																																					
7-7:30 AM	Transition to short course; 7:15-7:30																																				
7:30-8 AM	[Light Green Block]								[Light Green Block]								[Light Green Block]																				
8-8:30 AM																																					
8:30-9 AM																									Aqua Fit 8:10a -8:55a												
9-9:30 AM																																					
9:30-10 AM																									Deep Water 9:20a-10:20a												
10-10:30 AM	[Light Green Block]								[Light Green Block]								[Light Green Block]																				
10:30-11 AM																																					
11-11:30 AM																																					
11:30-12 PM																									Masters 11:30-12:45p												
12-12:30 PM																																					
12:30-1 PM	[Light Green Block]								[Light Green Block]								[Light Green Block]																				
1-1:30 PM																																					
1:30-2 PM																																					
2-2:30 PM																																					
2:30-3 PM																																					
3-3:30 PM	[Light Green Block]								[Light Green Block]								[Light Green Block]																				
3:30-4 PM																																					
4-4:30 PM																																					
4:30-5 PM																																					
5-5:30 PM																									NCAP 5:00-6:30p; 5 lanes												
5:30-6 PM	[Light Green Block]								[Light Green Block]								[Light Green Block]																				
6-6:30 PM																									NCAP 6:00-7:00p; 3 lanes												
6:30-7 PM																									Aqua Zumba 6:00-7:00p												
7-7:30 PM																									NCAP 7:00-8:00p; 5 lanes												
7:30-8 PM																																					
8-8:30 PM	[Light Green Block]								[Light Green Block]								[Light Green Block]																				
8:30-9 PM																																					
9-9:30 PM																																					

# Competition Pool Schedule: Monday, June 20-Sunday, June 26

Thursday, 6/23

Time	Ladder					Ladder								Ladder									
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0	
4:30-5 AM									Masters 4:45-6:00a														
5-5:30 AM																							
5:30-6 AM	NCAP 5:30-7:00a; 5 lanes																						
6-6:30 AM	NCAP 5:30-7:00a; 5 lanes																						
6:30-7 AM	NCAP 5:30-7:00a; 5 lanes																						
7-7:30 AM																							
7:30-8 AM																							
8-8:30 AM									Deep Water 8:20a-9:20a														
8:30-9 AM																							
9-9:30 AM																					Aqua Fit 9:20a -10:20a		
9:30-10 AM																							
10-10:30 AM																							
10:30-11 AM																							
11-11:30 AM																							
11:30-12 PM																							
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1:30-2 PM																							
2-2:30 PM																							
2:30-3 PM																							
3-3:30 PM																							
3:30-4 PM	NCAP 3:30-5:30p; 5 lanes																						
4-4:30 PM	NCAP 3:30-5:30p; 5 lanes																						
4:30-5 PM	NCAP 3:30-5:30p; 5 lanes																						
5-5:30 PM	NCAP 3:30-5:30p; 5 lanes																						
5:30-6 PM																							
6-6:30 PM	NCAP 6:00-7:30p; 5 lanes																						
6:30-7 PM	NCAP 6:00-7:30p; 5 lanes																						
7-7:30 PM	NCAP 6:00-7:30p; 5 lanes																						
7:30-8 PM																							
8-8:30 PM																							
8:30-9 PM																							
9-9:30 PM																							

# Competition Pool Schedule: Monday, June 20-Sunday, June 26

Friday, 6/24

Time	Ladder								Ladder								Ladder									
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0				
4:30-5 AM																										
5-5:30 AM	NCAP 5:00-7:00a; 10 lanes																									
5:30-6 AM																										
6-6:30 AM																										
6:30-7 AM																										
7-7:30 AM																										
7:30-8 AM																										
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7:30-8 PM																										
8-8:30 PM																										
8:30-9 PM																										
9-9:30 PM																										

NCAP 5:00-7:00a; 10 lanes

Masters  
11:30-12:45p

Aqua Fit  
10:20a -11:20a

# Competition Pool Schedule: Monday, June 20-Sunday, June 26

Saturday, 6/25

Deep End	Ladder							Ladder							Ladder							
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
4:30-5 AM	Dark Gray																					
5-5:30 AM	Dark Gray																					
5:30-6 AM	Dark Gray																					
6-6:30 AM	Dark Gray																					
6:30-7 AM	Dark Gray																					
7-7:30 AM	Dark Gray																					
7:30-8 AM	Dark Gray																					
8-8:30 AM	Light Gray							Light Green							Light Green							
8:30-9 AM	Light Gray							Light Green							Light Green							
9-9:30 AM	Light Gray							Light Green							Light Green							
9:30-10 AM	Light Gray							Light Green							Light Green							
10-10:30 AM	Light Gray							Light Green							Light Green							
10:30-11 AM	Light Gray							Light Green							Light Green							
11-11:30 AM	Light Gray							Light Green							Light Green							
11:30-12 PM	Light Gray							Light Green							Light Green							
12-12:30 PM	Light Gray							Light Green							Light Green							
12:30-1 PM	Light Gray							Light Green							Light Green							
1-1:30 PM	Light Gray							Light Green							Light Green							
1:30-2 PM	Light Gray							Light Green							Light Green							
2-2:30 PM	Light Gray							Light Green							Light Green							
2:30-3 PM	Light Gray							Light Green							Light Green							
3-3:30 PM	Light Gray							Light Green							Light Green							
3:30-4 PM	Light Gray							Light Green							Light Green							
4-4:30 PM	Light Gray							Light Green							Light Green							
4:30-5 PM	Light Gray							Light Green							Light Green							
5-5:30 PM	Light Gray							Light Green							Light Green							
5:30-6 PM	Dark Gray																					
6-6:30 PM	Dark Gray																					
6:30-7 PM	Dark Gray																					
7-7:30 PM	Dark Gray																					
7:30-8 PM	Dark Gray																					
8-8:30 PM	Dark Gray																					
8:30-9 PM	Dark Gray																					
9-9:30 PM	Dark Gray																					

Swim Lessons 8:00am-1:00pm

# Competition Pool Schedule: Monday, June 20-Sunday, June 26

Sunday, 6/26

Time	Deep End								Ladder								Ladder							
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0		
4:30-5 AM																								
5-5:30 AM																								
5:30-6 AM																								
6-6:30 AM																								
6:30-7 AM																								
7-7:30 AM																								
7:30-8 AM																								
8-8:30 AM	TRI it Now Event; 10 lanes										Masters 8:00am-9:15am													
8:30-9 AM																								
9-9:30 AM																	Transition to long course; 8:40am-9:30am							
9:30-10 AM																								
10-10:30 AM																								
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8:30-9 PM																								
9-9:30 PM																								

Tri it Now Event in the morning. Limited space available.  
 Pool will be closed for the short to long course transition from 8:40am-9:30am.  
 Long Course Swim Meet - 1 lane open to public during meet