

Competition Pool Schedule: Monday, January 10-Sunday, January 16

Monday, 1/10

	Deep End										Shallow End											
	Ladder								Ladder							Ladder		Lift	Stairs			
	21	20	19	18	17	16	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00
4:30-5 AM	NCAP 4:45-6:15a; 8 lanes										Masters 4:45-6:00a											
5-5:30 AM																						
5:30-6 AM																						
6-6:30 AM																						
6:30-7 AM	SETON 6:30-7:30a; 14 lanes																					
7-7:30 AM																						
7:30-8 AM																						
8-8:30 AM																						
8:30-9 AM																Aqua Fit 8:10a -8:55a						
8:30-9 AM																						
9-9:30 AM																						
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10-10:30 AM																						
10:30-11 AM																						
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8-8:15 PM																						

2nd Bulkhead

1st Bulkhead

OCCS 3:30-8:30pm 6 lanes

Riptide 5:30-7:30p 3 lanes

NCAP 4:00-5:30p; 6 lanes
5:30-8:00p; 5 lanes

Battlefield

Competition Pool Schedule: Monday, January 10-Sunday, January 16

Tuesday, 1/11

	Deep End										Shallow End														
	Ladder										Ladder					Lift									
	21	20	19	18	17	16	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00			
4:30-5 AM	NCAP 4:45-6:15a; 6 lanes										Masters 4:45-6:00a														
5-5:30 AM																									
5:30-6 AM																									
6-6:30 AM																									
6:30-7 AM	SETON 6:30-7:30a; 14 lanes																								
7-7:30 AM																									
7:30-8 AM																									
8-8:30 AM																									
8:30-9 AM											Deep Water 9:20a -10:00a														
9-9:30 AM																									
9:30-10 AM																									
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	OCCS 3:30-5:30p; 8 lanes																								
2-2:30 PM																									
2:30-3 PM																									
3-3:30 PM																									
3:30-4 PM																									
4-4:15 PM																									
4:15-4:30 PM																									
4:30-4:45 PM																									
4:45-5 PM																									
5-5:15 PM																									
5:15-5:30 PM																									
5:30-5:45 PM	Riptide 5:30-7:30p 3 lanes					OCCS 5:30-8:30p; 6 lanes																			
5:45-6 PM																									
6-6:15 PM																									
6:15-6:30 PM																									
6:30-6:45 PM	NCAP 5:30-7:00p; 5 lanes																								
6:45-7 PM																									
7-7:15 PM																									
7:15-7:30 PM																									
7:30-7:45 PM	Battlefield 7:30-8:00p; 5 lanes																								
7:45-8 PM																									
8-8:15 PM																					NCAP 7:00-8:30p; 5 lanes				

2nd Bulkhead

1st Bulkhead

Competition Pool Schedule: Monday, January 10-Sunday, January 16

Wednesday, 1/12																																										
	Deep End										Shallow End																															
	Ladder					Ladder					Ladder			Lift			Stairs																									
	21	20	19	18	17	16	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00																				
4:30-5 AM	NCAP 4:45-6:15a; 6 lanes																																									
5:30-6 AM																																										
6:30-7 AM																							SETON 6:40-7:30a; Diving + 5 lanes					SETON 6:40-7:30a; Diving + 8 lanes														
7:30-8 AM																																										
8:30-9 AM	Aqua Fit 8:10a -8:55a																																									
9:30-10 AM																																										
10:30-11 AM		Deep Water 9:20a -10:20a																																								
11:30-12 PM		Masters 11:30-12:45p																																								
12:30-1 PM																																										
1-1:30 PM																																										
2-2:30 PM																																										
3-3:30 PM																																										
3:30-4 PM	OCCS 3:30-8:30pm 6 lanes																																									
4:4:15 PM																																										
4:15-4:30 PM																						NCAP 4:00-5:30p; 6 lanes 5:30-8:00p; 5 lanes																				
4:30-4:45 PM																																										
4:45-5 PM																									Aqua Zumba 6:00p -6:55p																	
5:5:15 PM																																										
5:15-5:30 PM																																										
5:30-5:45 PM																																										
5:45-6 PM																						Riptide 5:30-7:30p 3 lanes																				
6:6:15 PM																																										
6:15-6:30 PM																																										
6:30-6:45 PM																																										
6:45-7 PM																																										
7:7:15 PM																																										
7:15-7:30 PM	Battlefield 7:30-9:00p; 5 lanes																																									
7:30-7:45 PM																																										
7:45-8 PM																																										
8:8:15 PM																																										
8:15-8:30 PM																																										

2nd Bulkhead

1st Bulkhead

Competition Pool Schedule: Monday, January 10-Sunday, January 16

Thursday, 1/13

	Deep End					Ladder								Shallow End																		
	21	20	19	18	17	16	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00										
4:30-5 AM	NCAP 4:45-6:15a; 6 lanes					1st Bul k h e a d	Masters 4:45-6:00a																									
5-5:30 AM																																
5:30-6 AM																																
6-6:30 AM	SETON 6:30-7:30a; 14 lanes																															
6:30-7 AM																																
7-7:30 AM	2nd Bul k h e a d																															
7:30-8 AM																																
8-8:30 AM						Deep Water 8:20a -9:20a															Aqua Fit 9:20a-10:20a											
8:30-9 AM																																
9-9:30 AM																																
9:30-10 AM																																
10-10:30 AM																																
10:30-11 AM																																
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1:30-2 PM																																
2-2:30 PM																																
2:30-3 PM																																
3-3:30 PM																																
3:30-4 PM						OCCS 3:30-5:30p; 8 lanes															1st Bul k h e a d											
4-4:15 PM																																
4:15-4:30 PM																																
4:30-4:45 PM						NCAP 4:30-6:00p; 4 lanes																										
4:45-5 PM																																
5-5:15 PM																																
5:15-5:30 PM	NCAP 6:00-7:00p; 5 lanes 7:00-8:30p; 6 lanes																															
5:30-5:45 PM																																
5:45-6 PM																																
6-6:15 PM						Deep Water 6:00p - 7:00p																						OCCS 5:30-8:30p; 5 lanes				
6:15-6:30 PM																																
6:30-6:45 PM																																
6:45-7 PM																																
7-7:15 PM																																
7:15-7:30 PM																																
7:30-7:45 PM						Battlefield 7:30-9:00p; 5 lanes																										
7:45-8 PM																																
8-8:15 PM																																
8:15-8:30 PM																																

Competition Pool Schedule: Monday, January 10-Sunday, January 16

Friday, 1/14

	Deep End					Ladder								Shallow End										
	Ladder													Ladder				Lift				Stairs		
	21	20	19	18	17	16	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00		
4:30-5 AM	NCAP 4:45am-6:15am; 12 lanes																							
5:30-6 AM																								
6:30-7 AM																								
7:30-8 AM																								
6:30-7 AM	SETON 6:40-7:30a; Diving + 5 lanes					SETON 6:40-7:30a; Diving + 8 lanes																		
7:30-8 AM																								
8:30-9 AM																								
9:30-10 AM																								
10:30-11 AM																								
11:30-12 PM																		Aqua Fit 10:20a-11:20a						
12:30-1 PM																								
1-1:30 PM																								
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11:30-12 PM																								
12:30-1 PM																								
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4:4-15 PM																								
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4:30-4:45 PM																								
4:30-4:45 PM	NCAP 4:30-7:30pm; 6 lanes																							
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5:15-5:30 PM																								
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5:45-6 PM	NCAP 4:30-7:30pm; 6 lanes																							
6:6:15 PM																								
6:15-6:30 PM																								
6:30-6:45 PM																								
6:45-7 PM	NCAP 4:30-7:30pm; 6 lanes																							
7-7:15 PM																								
7:15-7:30 PM																								
7:30-7:45 PM																								
7:30-7:45 PM																								

2nd Bulkhead

1st Bulkhead

Competition Pool Schedule: Monday, January 10-Sunday, January 16

Sunday, 1/16																									
	Deep End																		Shallow End						
	Ladder								Ladder							Ladder			Lift	Stairs					
	21	20	19	18	17		16	15	14	13	12	11	10	09	08		07	06	05	04	03	02	01	00	
4:30-5 AM																									
5-5:30 AM																									
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1:30-2 PM																									
2-2:30 PM																									
2:30-3 PM																									
3-3:30 PM	NCAP 3:00-4:00pm; 5 lanes																								
3:30-4 PM	NCAP 3:00-4:00pm; 5 lanes																								
4-4:15 PM	NCAP 4:00-5:00pm; 6 lanes																								
4:15-4:30 PM	NCAP 4:00-5:00pm; 6 lanes																								
4:30-4:45 PM	NCAP 4:00-5:00pm; 6 lanes																								
4:45-5 PM	NCAP 4:00-5:00pm; 6 lanes																								

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