

Competition Pool Schedule: September 2022

Monday

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 4:45-6:15a; 8 lanes								NCAP 5:00-6:30a; 6 lanes								Masters 5:00-6:00a; 2 lanes							
5:30-6 AM	NCAP 4:45-6:15a; 8 lanes								NCAP 5:00-6:30a; 6 lanes								Masters 5:00-6:00a; 2 lanes							
6-6:30 AM	NCAP 4:45-6:15a; 8 lanes								NCAP 5:00-6:30a; 6 lanes								Masters 5:00-6:00a; 2 lanes							
6:30-7 AM																								
7-7:30 AM																								
7:30-8 AM																								
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																								
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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																								
4-4:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 4:00-6:00p; 6 lanes															
4:30-5 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 4:00-6:00p; 6 lanes															
5-5:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 4:00-6:00p; 6 lanes															
5:30-6 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 4:00-6:00p; 6 lanes															
6-6:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 6:00-7:00p; 5 lanes															
6:30-7 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 6:00-7:00p; 5 lanes															
7-7:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 7:00-8:30p; 6 lanes															
7:30-8 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 7:00-8:30p; 6 lanes															
8-8:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 7:00-8:30p; 6 lanes															
8:30-9 PM																								
9-9:30 PM																								

Competition Pool Schedule: September 2022

Tuesday

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	NCAP 4:45-6:15a; 6 lanes									Masters 5:00-7:15a														
5-5:30 AM	NCAP 4:45-6:15a; 6 lanes									Masters 5:00-7:15a														
5:30-6 AM	NCAP 4:45-6:15a; 6 lanes									Masters 5:00-7:15a														
6-6:30 AM	NCAP 4:45-6:15a; 6 lanes									Masters 5:00-7:15a														
6:30-7 AM																								
7-7:30 AM																								
7:30-8 AM																								
8-8:30 AM																								
8:30-9 AM																								
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8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								

Competition Pool Schedule: September 2022

Thursday

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	NCAP 4:45-6:15a; 6 lanes								Masters 5:00-7:15a															
5-5:30 AM	NCAP 4:45-6:15a; 6 lanes								Masters 5:00-7:15a															
5:30-6 AM	NCAP 4:45-6:15a; 6 lanes								Masters 5:00-7:15a															
6-6:30 AM	NCAP 4:45-6:15a; 6 lanes								Masters 5:00-7:15a															
6:30-7 AM								Masters 5:00-7:15a																
7-7:30 AM								Masters 5:00-7:15a																
7:30-8 AM								Masters 5:00-7:15a																
8-8:30 AM								Masters 5:00-7:15a																
8:30-9 AM								Masters 5:00-7:15a																
9-9:30 AM								Masters 5:00-7:15a																
9:30-10 AM								Masters 5:00-7:15a								Aqua Fit 9:20a -10:20a								
10-10:30 AM								Masters 5:00-7:15a								Aqua Fit 9:20a -10:20a								
10:30-11 AM								Masters 5:00-7:15a								Aqua Fit 9:20a -10:20a								
11-11:30 AM								Masters 5:00-7:15a								Aqua Fit 9:20a -10:20a								
11:30-12 PM								Masters 5:00-7:15a								Aqua Fit 9:20a -10:20a								
12-12:30 PM								Masters 5:00-7:15a								Aqua Fit 9:20a -10:20a								
12:30-1 PM								Masters 5:00-7:15a								Aqua Fit 9:20a -10:20a								
1-1:30 PM	Closed from 1:00-4:00pm								Closed from 1:00-4:00pm								Closed from 1:00-4:00pm							
1:30-2 PM	Closed from 1:00-4:00pm								Closed from 1:00-4:00pm								Closed from 1:00-4:00pm							
2-2:30 PM	Closed from 1:00-4:00pm								Closed from 1:00-4:00pm								Closed from 1:00-4:00pm							
2:30-3 PM	Closed from 1:00-4:00pm								Closed from 1:00-4:00pm								Closed from 1:00-4:00pm							
3-3:30 PM	Closed from 1:00-4:00pm								Closed from 1:00-4:00pm								Closed from 1:00-4:00pm							
3:30-4 PM	OCCS 3:30-5:30p; 8 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
4-4:30 PM	OCCS 3:30-5:30p; 8 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
4:30-5 PM	OCCS 3:30-5:30p; 8 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
5-5:30 PM	OCCS 3:30-5:30p; 8 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
5:30-6 PM	OCCS 5:30-8:30; 6 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
6-6:30 PM	OCCS 5:30-8:30; 6 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
6:30-7 PM	OCCS 5:30-8:30; 6 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
7-7:30 PM	OCCS 5:30-8:30; 6 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
7:30-8 PM	OCCS 5:30-8:30; 6 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
8-8:30 PM	OCCS 5:30-8:30; 6 lanes								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes							
8:30-9 PM								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes								
9-9:30 PM								Masters 5:00-7:15a								NCAP 4:00-5:30; 3 lanes								

Competition Pool Schedule: September 2022

Friday

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	NCAP 4:45-6:15a; 14 lanes								NCAP 4:45-6:15a; 14 lanes															
5-5:30 AM	NCAP 4:45-6:15a; 14 lanes								NCAP 4:45-6:15a; 14 lanes															
5:30-6 AM	NCAP 4:45-6:15a; 14 lanes								NCAP 4:45-6:15a; 14 lanes															
6-6:30 AM	NCAP 4:45-6:15a; 14 lanes								NCAP 4:45-6:15a; 14 lanes															
6:30-7 AM																								
7-7:30 AM																								
7:30-8 AM																								
8-8:30 AM																								
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7:30-8 PM																								
8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								

NCAP 4:45-6:15a; 14 lanes

Masters
11:30-12:45p

Closed from 1:00-4:00pm

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

NCAP 6:30-7:30p; 6 lanes

Aqua Fit
10:20a -11:20a

Competition Pool Schedule: September 2022

Sunday

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	Black																							
5-5:30 AM	Black																							
5:30-6 AM	Black																							
6-6:30 AM	Black																							
6:30-7 AM	Black																							
7-7:30 AM	Black																							
7:30-8 AM	Black																							
8-8:30 AM	Grey								Green								Green							
8:30-9 AM	Grey								Green								Green							
9-9:30 AM	Grey								Green								Green							
9:30-10 AM	Grey								Green								Green							
10-10:30 AM	Grey								Green								Green							
10:30-11 AM	Grey								Green								Green							
11-11:30 AM	Grey								Green								Green							
11:30-12 PM	Grey								Green								Green							
12-12:30 PM	Grey								Green								Green							
12:30-1 PM	Grey								Green								Green							
1-1:30 PM	Grey								Green								Green							
1:30-2 PM	Grey								Green								Green							
2-2:30 PM	Grey								Green								Green							
2:30-3 PM	Grey								Green								Green							
3-3:30 PM	Grey								Green								Green							
3:30-4 PM	Grey								Green								Green							
4-4:30 PM	Grey								Green								Green							
4:30-5 PM	Grey								Green								Green							
5-5:30 PM	Grey								Green								Green							
5:30-6 PM	Grey								Green								Green							
6-6:30 PM	Black																							
6:30-7 PM	Black																							
7-7:30 PM	Black																							
7:30-8 PM	Black																							
8-8:30 PM	Black																							
8:30-9 PM	Black																							
9-9:30 PM	Black																							

NCAP 1:00-2:00p; 6 lanes

NCAP 2:00-3:00p; 6 lanes

Masters
8:00am-9:15am