

Session 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:30 - 12:10	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:10 - 12:25	Starts	Starts	Starts	Starts	Circle	Circle	Pace	Pace

Session 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:30 - 5:10	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
5:10 - 5:25	Starts	Starts	Starts	Starts	Circle	Circle	Pace	Pace