

	7:20 - 7:50a	7:50-8:15a	8:15-8:30a			
SUN	13/14 GENERAL WU	11/12 GENERAL WU	15 Min Starts/Pace			
CLOSED						
WU1	OPEN	OPEN	Circle			
WU2			Circle			
BULKHEAD						
Lane 1	OPEN	OPEN	Pace			
Lane 2			STARTS			
Lane 3			STARTS			
Lane 4			STARTS			
Lane 5			Circle			
Lane 6			STARTS			
Lane 7			STARTS			
Lane 8			STARTS			
Lane 9			Pace			
Lane 10			Pace			
BULKHEAD						
WU3	OPEN	OPEN	Pace			
WU4			Circle			
WU5			Circle			