Friday-Open Distance Session-4:00 WU 5:00 Start

	1	2	3	4	5	6	7	8		9	10	11	12	13	14	15	16	17	18
4:00pm	RYWC	RYWC	RAC	ZEUS	GYWD	ORCA	ZEUS	RST		NCY	WYW	GRYM	WEST /BSY	WRAT	CPAC	SSAC	ORCA	FA	PSDY/N FAF
4:50pm	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

13&Over Boys and 12&Under Girls Sat/Sun 7:15am to 8:15am

	1	2	3	4	5	6	7	8		9	10	11	12	13	14	15	16	17	18
7:15a	CPAC	CPAC	CPAC	CPAC	CPAC	PSDY	PSDY	PSDY		GRYM	GRYM	GRYM	GRYM	GRYM	GRYM	OPEN	OPEN	OPEN	OPEN
7:40a	GYWD	GYWD	GYWD	GYWD	SJCC	SJCC	SSAC	SSAC		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8:05a	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

13&Over Girls and 12&Under Boys Session Warmup Sat/Sun

	1	2	3	4	5	6	7	8		9	10	11	12	13	14	15	16	17	18
11:30a	CPAC	CPAC	CPAC	CPAC	CPAC	GYWD	GYWD	GYWD		GRYM	GRYM	GRYM	GRYM	GRYM	OPEN	OPEN	OPEN	OPEN	OPEN
11:55a	PSDY	PSDY	PSDY	SSAC	SSAC	SSAC	SJCC	SJCC		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:20a	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN