

Friday Distance

	1	2	3	4	5	6	7	8	9	10
13/o W/U 5-5:20	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
12/u W/U 5:20-5:40	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
Specific 5:40-5:50	Pace	Starts	Starts	Starts	Circle	Circle	Starts	Starts	Starts	Pace

There will be 2 lanes open throughout the meet

Saturday AM

	1	2	3	4	5	6	7	8
13/o Boys 8-8:30am	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12/u Girls 8:30-8:55	FINS	GLAS	PAC	PAC GRIT	RAYS	RAYS	WFYD GWYB	YCST SEAL
Specific 8:55-9:10	Pace	Starts	Starts	Starts	Starts	Starts	Starts	Circle

CDOG will be in lanes 9-12, teams are welcome to use the remaining lanes

Saturday PM

	1	2	3	4	5	6	7	8
13/o Girls 1:15-1:45	FINS	FINS GLAS	GLAS	PAC YCST	RAYS	RAYS	SEAL	GRIT (1) GWYB (2) WFYD (3)
12/u Boys 1:45-2:10	FINS	GLAS	YCST GWYB	PAC	PAC	RAYS	SEAL	WFYD
Specific 2:10-2:20	Pace	Starts	Starts	Starts	Starts	Starts	Starts	Circle

CDOG will be in lanes 9-12, teams are welcome to use the remaining lanes

Sunday AM

	1	2	3	4	5	6	7	8
12/u Girls 8:00-8:25	FINS	GLAS	PAC	PAC GRIT	RAYS	RAYS	WFYD GWYB	YCST SEAL
13/o Boys 8:25-8:55	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
Specific 8:55-9:10	Pace	Starts	Starts	Starts	Starts	Starts	Starts	Circle

CDOG will be in lanes 9-12, teams are welcome to use the remaining lanes

Sunday PM

	1	2	3	4	5	6	7	8
12/u Boys 1:15-1:40	FINS	GLAS	YCST GWYB	PAC	PAC	RAYS	SEAL	WFYD
13/o Girls 1:40-2:10	FINS	FINS GLAS	GLAS	PAC YCST	RAYS	RAYS	SEAL	GRIT (1) GWYB (2) WFYD (3)
Specific 2:10-2:20	Pace	Starts	Starts	Starts	Starts	Starts	Starts	Circle

CDOG will be in lanes 9-12, teams are welcome to use the remaining lanes