

## SCHEDULE

### **Friday Afternoon Session (SESSION 1):**

Warm-ups 4:15 to 5:10 PM  
Session Starts 5:15 PM (**Check-in down @4:25PM**)

### **Saturday & Sunday Morning Sessions (SESSIONS 2 & 5):**

Warm ups 7:00 to 7:55 AM  
Session Starts 8:00 AM (**Check-in down @7:10AM**)

### **Saturday & Sunday Afternoon Sessions (SESSION 3 & 6):**

Warm up will begin immediately after completion of the morning session, but not before 12:00 noon.

Warm-up will last 55 minutes.

Session will start one hour after warm-up begins but not before 1:00 pm. (**Check in down @ 12:10 pm**)

### **Saturday PM Session (SESSION 4) 1650 FREE**

Warm ups Continuous warm ups in diving well

Session starts at end of Session 3 but not before 4:00 pm. (**Check in down at 3:30 pm**)

**Remember that this session will use REVERSE and Girls/Boys Alternating SEEDING**