



SESSION -01	13 & Over Friday April 30th	ALOUPI'S POOL - COMPETITION POOL								MEANS - TRAINING POOL				TEAM SWIMMERS
		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10			
1st - WARM UP	1:40 - 2:00	KVY 3	KVY 3	KVY 3	KVY 3	KVY 3	OPEN 3	KVY 3	KVY 3	KVY 2	KVY 2	TEAM SWIMMERS		
2ND - WARM UP	2:05 - 2:25	MDI 3	MDI 3	MDI 3	MDI 3	DEFY 3	DEFY 3	DEFY 3	DEFY 3	DEFY 4	OPEN 3	TEAM SWIMMERS		
3RD - WARM UP	2:30 - 2:50	BYB 3	BYB 3	BYB 3	BYB 3	BYB 3	OPEN 3	CCSC 3	CCSC 2	OPEN 3	OPEN 3	TEAM SWIMMERS		
MEET STARTS	3:00													

SESSION -02	12 & unders Friday April 30th	ALOUPI'S POOL - COMPETITION POOL								MEANS - TRAINING POOL				TEAM SWIMMERS
		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10			
1ST - WARM UP	4:40 - 5:00	KVY 3	KVY 3	KVY 3	KVY 3	KVY 3	OPEN 3	KVY 3	KVY 3	KVY 2	KVY 2	TEAM SWIMMERS		
2ND - WARM UP	5:05 - 5:25	MDI 3	MDI 3	MDI 3	MDI 3	DEFY 3	DEFY 3	DEFY 3	DEFY 3	DEFY 4	OPEN 3	TEAM SWIMMERS		
3RD - WARM UP	5:30 - 5:50	BYB 3	BYB 3	BYB 3	BYB 3	BYB 3	OPEN 3	CCSC 3	CCSC 2	OPEN 3	OPEN 3	TEAM SWIMMERS		
MEET STARTS	6:00													



SESSION -03	13 & Over	ALLOUPIS POOL - COMPETITION POOL								MEANS - TRAINING POOL				TEAM	SWIMMERS	
		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10					
1ST - WARM UP	7:30 - 7:50	BYB 3	BYB 3	BYB 3	BYB 3	BYB 1	OPEN 3	CLOSED 0	CLOSED 0	CLOSED 0	CLOSED 0	0	0	0	0	TEAM SWIMMERS
2ND - WARM UP	7:55 - 8:15	KVY 3	KVY 3	KVY 3	KVY 3	CCSC 2	CCSC 3	CLOSED 0	CLOSED 0	CLOSED 0	CLOSED 0	0	0	0	0	TEAM SWIMMERS
3RD - WARM UP	8:20 - 8:40	KVY 3	KVY 3	KVY 3	KVY 3	KVY 2	OPEN 3	CLOSED 0	CLOSED 0	CLOSED 0	CLOSED 0	0	0	0	0	TEAM SWIMMERS
4TH - WARM UP	8:45 - 9:05	DEFY 1	DEFY 3	DEFY 3	DEFY 3	DEFY 3	DEFY 3	CLOSED 0	CLOSED 0	CLOSED 0	CLOSED 0	0	0	0	0	TEAM SWIMMERS
5TH - WARM UP	9:10 - 9:30	MDI 3	MDI 3	MDI 3	MDI 3	MDI 2	OPEN 3	CLOSED 0	CLOSED 0	CLOSED 0	CLOSED 0	0	0	0	0	TEAM SWIMMERS
6TH - WARM UP	9:35 - 9:50	BYB 3	CCSC 4	DEFY 3	MDI 3	KVY 3	Sprint 3	CLOSED 0	CLOSED 0	CLOSED 0	CLOSED 0	0	0	0	0	TEAM SWIMMERS
MEET STARTS	10:00															

SESSION -04	12 & unders	ALLOUPIS POOL - COMPETITION POOL						MEANS - TRAINING POOL				TEAM	SWIMMERS			
		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10					
1ST - WARM UP	1:05 - 1:25	CCSC 2	OPEN 3	KVY 3	KVY 3	KVY 3	KVY 3	KVY 3	KVY 2	OPEN 3	OPEN 3	3	2	3	3	TEAM SWIMMERS
2ND - WARM UP	1:30 - 1:50	BYB 3	BYB 3	MDI 3	MDI 3	DEFY 3	DEFY 3	DEFY 1	BYB 3	MDI 3	MDI 2	1	3	3	2	TEAM SWIMMERS
MEET STARTS	2:00															



SESSION -05	13 & Over Sunday May 2nd	ALLOUPIS POOL - COMPETITION POOL						MEANS - TRAINING POOL				TEAM SWIMMERS
		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
1ST - WARM UP	8:40 - 9:00	MDI 3	MDI 3	MDI 3	MDI 1	CCSC 2	CCSC 3	OPEN 3	OPEN 3	OPEN 3	OPEN 3	TEAM SWIMMERS
2ND - WARM UP	9:05 - 9:25	KVY 3	KVY 3	KVY 3	KVY 3	KVY 3	KVY 3	KVY 3	KVY 3	KVY 2	BYB 3	TEAM SWIMMERS
3RD - WARM UP	9:30 - 9:50	DEFY 3	DEFY 3	DEFY 3	DEFY 3	DEFY 3	DEFY 2	BYB 3	BYB 3	BYB 3	BYB 3	TEAM SWIMMERS
MEET STARTS	10:00											

SESSION -06	12 & unders Saturday May 1st	ALLOUPIS POOL - COMPETITION POOL						MEANS - TRAINING POOL				TEAM SWIMMERS
		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10	
1ST - WARM UP	1:05 - 1:25	MDI 3	MDI 3	KVY 3	KVY 3	KVY 3	KVY 1	KVY 3	KVY 3	MDI 1	MDI 3	TEAM SWIMMERS
2ND - WARM UP	1:30 - 1:50	DEFY 3	DEFY 3	CCSC 2	BYB 1	BYB 3	BYB 3	OPEN 3	OPEN 3	OPEN 3	OPEN 3	TEAM SWIMMERS
MEET STARTS	2:00											