

November 8 - Session 1 Warm-up

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:30AM	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC
8:30-9:00AM	STAR	STAR	FAST	DFAC	DFAC	DFAC	WAT	STAT

November 8 - Session 2 Warm-up (Times approximate)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:45-12:15PM	STAR	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC
12:15-12:45PM	DFAC	DFAC	DFAC	STAT	STAT	STAT	FAST	WAT

November 9 - Session 3 Warm-up

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:30AM	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC
8:30-9:00AM	STAR	STAR	STAR	DFAC	DFAC	DFAC	WAT	WAT

November 9 - Session 4 Warm-up

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:40-12:10PM	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC	OCSC
12:10-12:40PM	STAR	STAR	DFAC	DFAC	DFAC	DFAC	WAT	