

August 30th    August 31st    September 1    September 2    September 3

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Transition	
9:15						
9:30						
9:45						
10:00						
10:15	Transition	Transition	Transition	Transition	Lane Swim	
10:30						
10:45						
11:00						
11:15						
11:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
11:45						
12:00	Transition	Transition	Transition	Transition		Transition
12:15						
12:30						
12:50	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Open Swim	
1:00						
1:15						
1:30						
1:45						
1:50	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
2:15						
2:30						
2:45					Transition	
3:00						
3:15						
3:30						
3:45	Transition	Transition	Transition	Transition	Transition	
4:00						