

Saturday & Sunday

	Relief Lane 1-4 Starting side	Lane 1-4 Starting side	Lane 5-8 Starting side	Relief Lane 1-4 Opposite End	Lane 1-4 Opposite End	Lane 5-8 Opposite End	Collecting Dq's Ensuring Rotations are being done.
9:00-10:15		AK	BDSC		BSR	CST	OAKCC
10:15-11:30		FPST	GPST		HPST	MH	AK
11:30-12:45		OAKCC	PS		BDSC	BSR	CST
12:45-2:00		FPST	GPST		OAKCC	BDSC	PS
2:00-3:15		AK	BDSC		BSR	CST	FPST
3:15-4:30		GPST	OAKCC		MH	PS	AK
4:30-5:15		FPST	GPST		HPST	CST	PS

*These are the shifts to be split with your team as you see fit.

*You will rotate every two age groups. (ie 9/10 girls free through 11/12 boys free).

*The starting time and lane is where your stroke and turn will start.

* They are welcome to get snacks and hydrate at the Skimmer hospitality tent on deck.

ADS *Antioch Delta Skimmers	BDSC *Brentwood Dolphin Swim Club	CST * Crockett Swim Team	GPST *Gehring Park Swim Team	MH *Mountain House Sailfish Swim Club
Ak * AquaKnights	BSR * Benicia Stingrays	FPST * Forest Park Flyers	HPST *Hercules Piranhas Swim Team	OAKCC* OAKHURST ORCAS
				PS *Pinole Seals