

Competition Pool Schedule: November 20-November 26

Monday

	Ladder								Ladder								Ladder								Shallow End																																																								
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0																																																											
4:30-5 AM	NCAP 4:45-6:15a; 14 lanes																																																																																
5-5:30 AM																																																																																	
5:30-6 AM																									Masters 5:00-6:15a; 2 lanes																																																								
6-6:30 AM																																																																																	
6:30-7 AM	Seton 6:45-7:45a; 14 lanes																																																																																
7-7:30 AM																																																																																	
7:30-8 AM																																																																																	
8-8:30 AM																																																																																	
8:30-9 AM																																																																																	
9-9:30 AM																																																																																	
9:30-10 AM																									Deep Water 9:30a-10:20a																																																								
10-10:30 AM																																																																																	
10:30-11 AM																																																																																	
11-11:30 AM																																																																																	
11:30-12 PM																									Masters 11:30-12:45p																																																								
12-12:30 PM																																																																																	
12:30-1 PM																																																																																	
1-1:30 PM																																																																																	
1:30-2 PM																																																																																	
2-2:30 PM																																																																																	
2:30-3 PM																																																																																	
3-3:30 PM																									OCCS 3:30-8:30p; 5 lanes								Gainesville 3:00-4:00; 5 lanes				Unity Reed 3:00-4:00pm; 6 lanes																																												
3:30-4 PM																																																																																	
4-4:30 PM																																	OCCS 3:30-8:30p; 5 lanes								NCCAP 4:00-5:00p; 4 lanes				LISA																																				
4:30-5 PM																																																																																	
5-5:30 PM																																									NCCAP 5:00-6:30p; 6 lanes								LISA																																
5:30-6 PM																																																																																	
6-6:30 PM	RIP TIDE 5:30-7:30p; 3 lanes				LISA				NCCAP 6:30-7:30p; 5 lanes																																																																								
6:30-7 PM																																																																																	
7-7:30 PM	RIP TIDE 5:30-7:30p; 3 lanes								LISA				NCCAP 7:30-8:30p; 6 lanes																																																																				
7:30-8 PM																																																																																	
8-8:30 PM																	RIP TIDE 5:30-7:30p; 3 lanes				LISA				NCCAP 7:30-8:30p; 6 lanes				Lisa Lvl 3 Adult Beg.																																																				
8:30-9 PM																																																																																	
8:30-9 PM																																																																																	
9-9:30 PM																																																																																	
9-9:30 PM																																																																																	

Competition Pool Schedule: November 20-November 26

Tuesday

Time	Deep End								Ladder								Ladder							
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0		
4:30-5 AM																								
5-5:30 AM	NCAP 5:00-6:15a; 6 lanes											Masters 5:00-6:30am; 5 lanes;			2 lanes 6:30-7:30a									
5:30-6 AM	NCAP 5:00-6:15a; 6 lanes											Masters 5:00-6:30am; 5 lanes;			2 lanes 6:30-7:30a									
6-6:30 AM	NCAP 5:00-6:15a; 6 lanes											Masters 5:00-6:30am; 5 lanes;			2 lanes 6:30-7:30a									
6:30-7 AM	Seton 6:30-7:30a; 14 lanes																							
7-7:30 AM	Seton 6:30-7:30a; 14 lanes																							
7:30-8 AM																								
8-8:30 AM																								
8:30-9 AM																								
9-9:30 AM																								
9:30-10 AM				Deep Water 9:30a-10:30a																				
10-10:30 AM				Deep Water 9:30a-10:30a																				
10:30-11 AM																								
11-11:30 AM																								
11:30-12 PM																								
12-12:30 PM																								
12:30-1 PM																								
1-1:30 PM																								
1:30-2 PM																								
2-2:30 PM																								
2:30-3 PM																								
3-3:30 PM	Unity Reed 3:00-4:00pm; 6 lanes																							
3:30-4 PM	Unity Reed 3:00-4:00pm; 6 lanes																							
4-4:30 PM	NCAP 4:00-6:00; 5 lanes,				NCAP 4:00-5:30; 3 lanes				OCCS 3:30-5:30p; 5 lanes					Osborn 4:00-5:30p; 4 lanes		Laura Pvt.								
4:30-5 PM	NCAP 4:00-6:00; 5 lanes,				NCAP 4:00-5:30; 3 lanes				OCCS 3:30-5:30p; 5 lanes					Osborn 4:00-5:30p; 4 lanes		Laura Pvt.								
5-5:30 PM	NCAP 4:00-6:00; 5 lanes,				NCAP 4:00-5:30; 3 lanes				OCCS 3:30-5:30p; 5 lanes					Osborn 4:00-5:30p; 4 lanes		Laura Pvt.		Heather Lvl 3						
5:30-6 PM	NCAP 4:00-6:00; 5 lanes,				NCAP 4:00-5:30; 3 lanes				OCCS 3:30-5:30p; 5 lanes					Osborn 4:00-5:30p; 4 lanes		Laura Pvt.		Heather Lvl 3						
6-6:30 PM	NCAP 6:00-7:00p; 5 lanes				RIP TIDE 5:30-7:30p; 3 lanes				OCCS 5:30-9:00; 5 lanes									Heather Adult Beg.						
6:30-7 PM	NCAP 6:00-7:00p; 5 lanes				RIP TIDE 5:30-7:30p; 3 lanes				OCCS 5:30-9:00; 5 lanes									Heather Adult Beg.						
7-7:30 PM	NCAP 7:00-8:30p; 5 lanes				BATTLEFIELD 7:30-9:00p; 4 lanes				OCCS 5:30-9:00; 5 lanes					Adult. Int.				Heather Lvl 5						
7:30-8 PM	NCAP 7:00-8:30p; 5 lanes				BATTLEFIELD 7:30-9:00p; 4 lanes				OCCS 5:30-9:00; 5 lanes					Adult. Int.				Laura Lvl 3						
8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								

Competition Pool Schedule: November 20-November 26

Thursday

Deep End	Ladder								Ladder								Ladder							
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0		
4:30-5 AM	CLOSED																							
5-5:30 AM	CLOSED																							
5:30-6 AM	CLOSED																							
6-6:30 AM	CLOSED																							
6:30-7 AM	CLOSED																							
7-7:30 AM	CLOSED																							
7:30-8 AM	CLOSED																							
8-8:30 AM	CLOSED																							
8:30-9 AM	CLOSED																							
9-9:30 AM	CLOSED																							
9:30-10 AM	CLOSED																							
10-10:30 AM	CLOSED																							
10:30-11 AM	CLOSED																							
11-11:30 AM	CLOSED																							
11:30-12 PM	CLOSED																							
12-12:30 PM	CLOSED																							
12:30-1 PM	CLOSED																							
1-1:30 PM	CLOSED																							
1:30-2 PM	CLOSED																							
2-2:30 PM	CLOSED																							
2:30-3 PM	CLOSED																							
3-3:30 PM	CLOSED																							
3:30-4 PM	CLOSED																							
4-4:30 PM	CLOSED																							
4:30-5 PM	CLOSED																							
5-5:30 PM	CLOSED																							
5:30-6 PM	CLOSED																							
6-6:30 PM	CLOSED																							
6:30-7 PM	CLOSED																							
7-7:30 PM	CLOSED																							
7:30-8 PM	CLOSED																							
8-8:30 PM	CLOSED																							
8:30-9 PM	CLOSED																							
9-9:30 PM	CLOSED																							

Competition Pool Schedule: November 20-November 26

Friday

Deep End	Ladder									Ladder							Ladder						
	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1
4:30-5 AM																							
5-5:30 AM																							
5:30-6 AM																							
6-6:30 AM																							
6:30-7 AM	Seton 6:30-7:30a; 8 lanes; 5 for DIVING																						
7-7:30 AM																							
7:30-8 AM																							
8-8:30 AM																							
8:30-9 AM																							
9-9:30 AM																							
9:30-10 AM																							
10-10:30 AM																							
10:30-11 AM																							
11-11:30 AM																							
11:30-12 PM				Masters 11:30-12:45p																			
12-12:30 PM																							
12:30-1 PM																							
1-1:30 PM																							
1:30-2 PM																							
2-2:30 PM																							
2:30-3 PM																							
3-3:30 PM																							
3:30-4 PM																							
4-4:30 PM																							
4:30-5 PM																							
5-5:30 PM																							
5:30-6 PM																							
6-6:30 PM																							
6:30-7 PM																							
7-7:30 PM																							
7:30-8 PM																							
8-8:30 PM																							
8:30-9 PM																							
9-9:30 PM																							

Aqua Fit
10:20a -11:20a

Competition Pool Schedule: November 20-November 26

Saturday

Deep End	Ladder									Ladder							Ladder						
	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1
4:30-5 AM	Black									Black							Black						
5-5:30 AM	Black									Black							Black						
5:30-6 AM	Black									Black							Black						
6-6:30 AM	Red									Black							Black						
6:30-7 AM	Red									Black							Black						
7-7:30 AM	Red									Black							Black						
7:30-8 AM	Red									Black							Black						
8-8:30 AM	Blue									Blue		Green					Green		Green				
8:30-9 AM	Blue									Blue		Green					Green		Green				
9-9:30 AM	Blue									Blue		Green					Green		Green				
9:30-10 AM	Blue									Blue		Green					Green		Green				
10-10:30 AM	Grey									Green		Green					Green		Green				
10:30-11 AM	Grey									Green		Green					Green		Green				
11-11:30 AM	Grey									Green		Green					Green		Green				
11:30-12 PM	Grey									Green		Green					Green		Green				
12-12:30 PM	Grey									Green		Green					Green		Green				
12:30-1 PM	Grey									Green		Green					Green		Green				
1-1:30 PM	Grey									Green		Green					Green		Green				
1:30-2 PM	Grey									Green		Green					Green		Green				
2-2:30 PM	Grey									Green		Green					Green		Green				
2:30-3 PM	Grey									Green		Green					Green		Green				
3-3:30 PM	Grey									Green		Green					Green		Green				
3:30-4 PM	Black									Black							Black						
4-4:30 PM	Black									Black							Black						
4:30-5 PM	Black									Black							Black						
5-5:30 PM	Black									Black							Black						
5:30-6 PM	Black									Black							Black						
6-6:30 PM	Black									Black							Black						
6:30-7 PM	Black									Black							Black						
7-7:30 PM	Black									Black							Black						
7:30-8 PM	Black									Black							Black						
8-8:30 PM	Black									Black							Black						
8:30-9 PM	Black									Black							Black						
9-9:30 PM	Black									Black							Black						

Competition Pool Schedule: November 20-November 26

Sunday

Deep End	Ladder								Ladder								Ladder								
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0			
4:30-5 AM	[Black]																								
5-5:30 AM	[Black]																								
5:30-6 AM	[Black]																								
6-6:30 AM	[Black]																								
6:30-7 AM	[Black]																								
7-7:30 AM	[Black]																								
7:30-8 AM	[Black]																								
8-8:30 AM	[Grey]				Masters 8:00am-9:15am				[Green]								[Red]				NCAP Long Course 6:00-8:00a; 4 lanes				Masters 1 lane
8:30-9 AM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
9-9:30 AM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
9:30-10 AM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
10-10:30 AM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
10:30-11 AM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
11-11:30 AM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
11:30-12 PM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
12-12:30 PM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
12:30-1 PM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
1-1:30 PM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
1:30-2 PM	[Grey]				[Grey]				[Green]								[Green]				[Green]				[Green]
2-2:30 PM	NCAP 2:00-3:00p; 6 lanes								[Green]								[Green]				[Green]				[Green]
2:30-3 PM	[Black]								[Green]								[Green]				[Green]				[Green]
3-3:30 PM	[Black]																								
3:30-4 PM	[Black]																								
4-4:30 PM	[Black]																								
4:30-5 PM	[Black]																								
5-5:30 PM	[Black]																								
5:30-6 PM	[Black]																								
6-6:30 PM	[Black]																								
6:30-7 PM	[Black]																								
7-7:30 PM	[Black]																								
7:30-8 PM	[Black]																								
8-8:30 PM	[Black]																								
8:30-9 PM	[Black]																								
9-9:30 PM	[Black]																								