

**Level 1**

0800am	Arrive and Brief	Aquatics Studio
0815am	Change	
0830am	0830-1030 Tank A up to 10 lanes - to include 15 minutes of pre and post pool work	Tank A up to 10 lanes available
0845am		
0900am		
0915am		
0930am		
0945am		
1000am		
1015am		
1030am	Change	
1045am	Land - 1045 -1130	Sports Hall & Indoor Track
1100am		
1115am		
1130am	Lunch 11.30-12.15	Seminar Room
1145am		
1200pm		
1215pm	Change	
1230pm	1230 - 14.30 Tank A up to 10 lanes - to include 15 minutes of pre and post pool work	Tank A up to 10 lanes available
1245pm		
1300pm		
1315pm		
1330pm		
1345pm		
1400pm		
1415pm		
1430pm	Change	
1445pm	Education - 1445 - 1530	Seminar Room
1500pm		
1515pm		
1530pm	Land - 1530 - 1615	Indoor Track
1545pm		
1600pm		
1615pm	Debrief and Depart	

**Level 2**

0800am	Arrive and Brief	
0815am	Change	
0830am	0830-1030 Tank A up to 10 lanes - to include 15 minutes of pre and post pool work	
0845am		
0900am		
0915am		
0930am		
0945am		
1000am		
1015am		
1030am	Change	
1045am	Land - 1045 -1130	
1100am		
1115am		
1130am	Lunch 11.30-12.15	
1145am		
1200pm		
1215pm	Change	
1230pm	1230 - 14.30 Tank A up to 10 lanes - to include 15 minutes of pre and post pool work	
1245pm		
1300pm		
1315pm		
1330pm		
1345pm		
1400pm		
1415pm		
1430pm	Change	
1445pm	Land - 1445 - 1530	
1500pm		
1515pm		
1530pm	Education - 1530 - 1615	
1545pm		
1600pm		
1615pm	Debrief and Depart	

Aquatics Studio
Tank A up to 10 lanes available
Sports Hall & Indoor Track
Seminar Room
Tank A up to 10 lanes available
Indoor Track
Seminar Room