

TIMES A	A DIV	B DIV	TIMES B
9:00	Instructor Meeting	Instructor Meeting	9:00
9:30	DISTANCE BOARD	DISTANCE RUN	9:30
10:00	RUN-SWIM-RUN	BEACH FLAGS	10:00
10:30	DISTANCE SWIM		10:30
11:00	PADDLE RELAYS	RUN RELAY	11:00
11:30	DISTANCE RUN	DISTANCE SWIM	11:30
12:00	RUN RELAY	DISTANCE BOARD	12:00
12:30	LUNCH BREAK	LUNCH BREAK	12:30
1:00	BEACH FLAGS	RUN-SWIM-RUN	1:00
1:30		PADDLE RELAYS	1:30
2:00	Ironguard Relay (Co-ed)	Ironguard Relay (Co-ed)	2:00
Time permitting	Instructor Sombrero Relay		Time permitting
TIMES C	C DIV	D DIV	TIMES D
9:00	Instructor Meeting	Instructor Meeting	9:00
9:30	DISTANCE BOARD	DISTANCE RUN	9:30
10:00	RUN-SWIM-RUN	BEACH FLAGS	10:00
10:30	DISTANCE SWIM		10:30
11:00	BEACH FLAGS	RUN-SWIM-RUN	11:00
11:30		DISTANCE BOARD	11:30
12:00	DISTANCE RUN	DISTANCE SWIM	12:00
12:30	LUNCH BREAK	LUNCH BREAK	12:30
1:00	RUN RELAY	WATER FLAGS	1:00
1:30	PADDLE RELAYS	DODGEBALL	1:30
2:00	Ironguard Relay (Co-ed)		2:00
Time permitting	Instructor Sombrero Relay		Time permitting