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	C DIV Instructor Meeting	D DIV Instructor Meeting	9:00
9:00	Instructor Meeting	Instructor Meeting DISTANCE RUN	9:00
9:00 9:30	Instructor Meeting DISTANCE BOARD	Instructor Meeting	9:00 9:30
9:00 9:30 10:00	Instructor Meeting DISTANCE BOARD RUN-SWIM-RUN DISTANCE SWIM	Instructor Meeting DISTANCE RUN	9:00 9:30 10:00
9:00 9:30 10:00 10:30	Instructor Meeting DISTANCE BOARD RUN-SWIM-RUN	Instructor Meeting DISTANCE RUN BEACH FLAGS	9:00 9:30 10:00 10:30
9:00 9:30 10:00 10:30 11:00	Instructor Meeting DISTANCE BOARD RUN-SWIM-RUN DISTANCE SWIM	Instructor Meeting DISTANCE RUN BEACH FLAGS RUN-SWIM-RUN	9:00 9:30 10:00 10:30 11:00
9:00 9:30 10:00 10:30 11:00 11:30	Instructor Meeting DISTANCE BOARD RUN-SWIM-RUN DISTANCE SWIM BEACH FLAGS	Instructor Meeting DISTANCE RUN BEACH FLAGS RUN-SWIM-RUN DISTANCE BOARD	9:00 9:30 10:00 10:30 11:00 11:30
9:00 9:30 10:00 10:30 11:00 11:30 12:00	Instructor Meeting DISTANCE BOARD RUN-SWIM-RUN DISTANCE SWIM BEACH FLAGS DISTANCE RUN	Instructor Meeting DISTANCE RUN BEACH FLAGS RUN-SWIM-RUN DISTANCE BOARD DISTANCE SWIM	9:00 9:30 10:00 10:30 11:00 11:30 12:00
9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30	Instructor Meeting DISTANCE BOARD RUN-SWIM-RUN DISTANCE SWIM BEACH FLAGS DISTANCE RUN LUNCH BREAK	Instructor Meeting DISTANCE RUN BEACH FLAGS RUN-SWIM-RUN DISTANCE BOARD DISTANCE SWIM LUNCH BREAK	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30
9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 1:00	Instructor Meeting DISTANCE BOARD RUN-SWIM-RUN DISTANCE SWIM BEACH FLAGS DISTANCE RUN LUNCH BREAK RUN RELAY	Instructor Meeting DISTANCE RUN BEACH FLAGS RUN-SWIM-RUN DISTANCE BOARD DISTANCE SWIM LUNCH BREAK WATER FLAGS	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 1:00