START DECK

COMP 1

COMPETITION POOL

5 MINS IN EACH SPOT
START END - MIDDLE - BULKHEAD END

COMP 3

COMP 5

BULKHEAD

COMP 6		COMP 7
	WARMUP POOL 15 MINS IN ONE SPOT	
COMP 8		COMP 9
COMP 10		COMP 11

START DECK

COMP 6		COMP 7
	COMPETITION POOL	
	5 MINS IN EACH SPOT START END - MIDDLE - BULKHEAD END	
COMP 8		COMP 9
COMP 10		COMP 11

BULKHEAD

COMP 1	WARMUP POOL 15 MINS IN ONE SPOT	COMP 2
	COMP 3	
COMP 4		COMP 5