

TIME	MONDAY			WEDNESDAY			THURSDAY			SATURDAY		
9.00am										STAGE 1	STAGE 4	STAGE 5
9.30am										STAGE 1	STAGE 4	STAGE 6
10.00am										STAGE 1	STAGE 3	STAGE 5
10.30am										STAGE 2	STAGE 4	STAGE 6
11.00am										STAGE 2	STAGE 3	STAGE 5
11.30am										STAGE 7	STAGE 8	STAGE 9
12.00pm										ROOKIE LIFEGUARD		
12.30pm												
3.30pm				ASSESSMENTS			DUCKLINGS					
4.00pm	STAGE 1	STAGE 3	STAGE 5	STAGE 1	STAGE 3	STAGE 6	STAGE 2	STAGE 3	STAGE 5			
4.30pm	STAGE 2	STAGE 4	STAGE 6	STAGE 2	STAGE 4	STAGE 5	STAGE 1	STAGE 3	2:1			
5.00pm	STAGE 2	STAGE 4	STAGE 6	STAGE 1	STAGE 4	STAGE 6	STAGE 2	STAGE 4	STAGE 6			
5.30pm	STAGE 2	STAGE 3	STAGE 6	STAGE 2	STAGE 3	STAGE 5	STAGE 1	STAGE 3	STAGE 5			
6.00pm	STAGE 1	STAGE 4	STAGE 5	STAGE 7	STAGE 8	STAGE 9	1:1	Assessment	STAGE 6			
6.30pm	STAGE 7	STAGE 8	STAGE 9				STAGE 7	STAGE 8	STAGE 9			