

		MANASSAS, VA - CENTRAL PARK POOL (INDOOR)		
		Group A	Group B	Group C
		BUTTERFLY	BUTTERFLY	
		<b>100 Fly: Boys 1:06 or faster. Girls 1:09 or faster</b>	<b>100 Fly: Boys 1:07-1:21. Girls 1:10-1:21</b>	
June 13, 2021	Sunday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
June 14, 2021	Monday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
June 15, 2021	Tuesday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
		BREASTSTROKE		BUTTERFLY
		<b>100 Breast: Boys 1:15 or faster. Girls 1:19 or faster</b>		<b>All Swimmers 1:22 and up</b>
June 16, 2021	Wednesday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am
June 17, 2021	Thursday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am
June 18, 2021	Friday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am
			BREASTSTROKE	BREASTSTROKE
			<b>100 Breast: Boys 1:16-1:31. Girls 1:20-1:31</b>	<b>All swimmers 1:32 and up</b>
June 21, 2021	Monday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
June 22, 2021	Tuesday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
June 23, 2021	Wednesday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
		BACKSTROKE	BACKSTROKE	
		<b>100 Back: Boys 1:07 or faster. Girls 1:09 or faster</b>	<b>100 Back: Boys 1:08-1:21. Girls 1:10-1:21</b>	
June 27, 2021	Sunday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
June 28, 2021	Monday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
June 29, 2021	Tuesday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
		FREESTYLE		BACKSTROKE
		<b>100 Free: Boys 59 or faster. Girls 1:02 or faster</b>		<b>100 Back: All swimmers 1:22 and up</b>
June 30, 2021	Wednesday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am
July 1, 2021	Thursday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am

		MANASSAS, VA - CENTRAL PARK POOL (INDOOR)		
		Group A	Group B	Group C
July 2, 2021	Friday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am
			<b>FREESTYLE</b>	<b>FREESTYLE</b>
			<b>100 Free: Boys: 1:00-1:11. Girls 1:02-1:11</b>	<b>All swimmers 1:12 and up</b>
July 5, 2021	Monday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
July 6, 2021	Tuesday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
July 7, 2021	Wednesday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
		<b>STARTS</b>	<b>STARTS</b>	
		<b>100 Free: Boys 59 or faster. Girls 1:02 or faster</b>	<b>100 Free: Boys: 1:00-1:11. Girls 1:02-1:11</b>	
July 11, 2021	Sunday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
July 12, 2021	Monday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
July 13, 2021	Tuesday	Check In 11:45am/12pm-3pm	Check In: 8am/ 8:15am-10:45am	
		<b>URNS</b>		<b>STARTS</b>
		<b>100 Free: Boys 59 or faster. Girls 1:02 or faster</b>		<b>All swimmers 1:12 and up</b>
July 14, 2021	Wednesday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am
July 15, 2021	Thursday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am
July 16, 2021	Friday	Check In 11:45am/12pm-3pm		Check In: 8am/ 8:15am-10:45am
			<b>URNS</b>	<b>URNS</b>
			<b>100 Free: Boys: 1:00-1:11. Girls 1:02-1:11</b>	<b>All swimmers 1:12 and up</b>
July 18, 2021	Sunday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
July 19, 2021	Monday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
July 20, 2021	Tuesday		Check In 11:45am/12pm-2:30pm	Check In: 8am/ 8:15am-10:45am
		<b>VIDEO ANALYSIS</b>		
July 21, 2021	Wednesday	Sign in 8am (or earlier) until 12pm for all groups		