

## Hicken International 2018 - Updates



		Warm-up	Start	Estimated Finish	Age Groups	
Thursday 17 May	Session 1	4:00 – 4:50 7:45 – 8:15	5:00 8:15	9:00 PM	Open 11-12	800/1500 – First heat will swim 1 per lane, all other heats swimming 2 per lane
Friday 18 May	Session 2	6:30 – 7:10 7:10 - 7:50	8:00 AM	12:30 PM	13&O	Single Ended - starting in EAST (Exercise) END 50's start at WEST END
		1 <sup>st</sup> Warm-up: MSSAC, ROW, QUEB, LSC, OTTSC, MST, HHBF, JDSS, RAMAC, PSV, BYST, OAK 2 <sup>nd</sup> Warm-up: BAD, TSC, CW, RHAC, WRMS, CREST, CAJ, WAAC, HAC, TRENT, EBSC, CYPS, RHSD				
	Session 3	12:30 PM	1:30 PM	5:00PM	12&U	Single Ended - starting in EAST (Exercise) END 50's start at WEST END
	Session 4	5:30 PM	6:30 PM	8:00 PM	13&O	Single Ended - starting in EAST (Exercise) END 50's start at WEST END
Saturday 19 May	Session 5	6:30 – 7:10 7:10 - 7:50	8:00 AM	12:30 PM	13&O	Double Ended chase – Relays moved to Sunday AM (Session 8) 50's start at WEST END
		1 <sup>st</sup> Warm-up: MSSAC, ROW, QUEB, LSC, OTTSC, MST, HHBF, JDSS, RAMAC, PSV, BYST, OAK 2 <sup>nd</sup> Warm-up: BAD, TSC, CW, RHAC, WRMS, CREST, CAJ, WAAC, HAC, TRENT, EBSC, CYPS, RHSD				
	Session 6	12:30 PM	1:30 PM	5:30 PM	12&U	Single Ended
	Session 7	5:30 PM	6:30 PM	8:50 PM	13&O	Single Ended
Sunday 20 May	Session 8	6:30 – 7:10 7:10 - 7:50	8:00 AM	12:00 PM	13&O	Double Ended chase – 400 Medley Relays added 50's start at WEST END
		1 <sup>st</sup> Warm-up: BAD, TSC, CW, RHAC, WRMS, CREST, CAJ, WAAC, HAC, TRENT, EBSC, CYPS, RHSD 2 <sup>nd</sup> Warm-up: MSSAC, ROW, QUEB, LSC, OTTSC, MST, HHBF, JDSS, RAMAC, PSV, BYST, OAK				
	Session 9	12:30 PM	1:30 PM	5:30 PM	12&U	Double Ended chase 50's start at WEST END
	Session 10	5:30 PM	6:30 PM	8:30 PM	13&O	Single Ended
<b>Double Ended Chase Sessions:</b> Odd Heats (1,3,5,...) will start in the WEST (Wall) END Even Heats (2,4,6,...) will start in the EAST (Exercise) END						