

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12pm W 2x						
12.15pm M 2x						
12.30pm W 1x						
12.45 M 1x						
1pm W 2x						
1.15pm M 2x						
1.30pm Mix 2x						
1.45pm 4x						

