

# **JANUARY OPEN POSITIVE CHECK-IN**

## **MLK SITE**

### **SATURDAY- JANUARY 22, 2005**

<b>SESSION 1 (11-12)</b>	<b>200 FREE</b>	<b>7:00 AM</b>
	<b>100 BREAST</b>	<b>7:30 AM</b>
	<b>100 BACK</b>	<b>8:00 AM</b>
	<b>100 IM</b>	<b>8:00 AM</b>
	<b>200 FLY</b>	<b>8:30 AM</b>
<b>SESSION 2 (9-10)</b>	<b>200 FREE</b>	<b>10:50 AM</b>
	<b>100 BREAST</b>	<b>11:00 AM</b>
	<b>100 BACK</b>	<b>11:00 AM</b>
	<b>100 IM</b>	<b>11:30 AM</b>
<b>SESSION 3 (13&amp;0)</b>	<b>200 FREE</b>	<b>2:00 PM</b>
	<b>100 FLY</b>	<b>2:00 PM</b>
	<b>200 BREAST</b>	<b>2:30 PM</b>
	<b>200 BACK</b>	<b>2:30 PM</b>
	<b>100 FREE</b>	<b>3:00 PM</b>
	<b>400 IM</b>	<b>3:30 PM</b>

### **SUNDAY – JANUARY 23, 2005**

<b>SESSION 4 (11-12)</b>	<b>200 BREAST</b>	<b>7:00 AM</b>
	<b>200 IM</b>	<b>7:20 AM</b>
	<b>100 FLY</b>	<b>7:40 AM</b>
	<b>100 FREE</b>	<b>7:40 AM</b>
	<b>200 BACK</b>	<b>8:00 AM</b>
	<b>500 FREE</b>	<b>8:30 AM</b>
<b>SESSION 5 (9-10)</b>	<b>200 IM</b>	<b>10:50 AM</b>
	<b>100 FLY</b>	<b>11:00 AM</b>
	<b>100 FREE</b>	<b>11:30 AM</b>
	<b>500 FREE</b>	<b>12:00 PM</b>
<b>SESSION 6 (13&amp;0)</b>	<b>100 BACK</b>	<b>1:30 PM</b>
	<b>200 IM</b>	<b>2:00 PM</b>
	<b>200 FLY</b>	<b>2:00 PM</b>
	<b>100 BREAST</b>	<b>2:30 PM</b>
	<b>500 FREE</b>	<b>3:30 PM</b>