



October Lap Swim Schedule (10/1 – 10/31)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 0* = no lanes available	(C) 5:30 - 6:30am Lanes: 5-10	(C) 5:30am-12:00pm Lanes 0-10	(C) 5:30 - 6:30am Lanes: 5-10	(C) 5:30am-12:00pm Lanes 0-10	(C) 5:30 - 6:30am Lanes: 5-10	(C) 5:30am-8:00am Lanes: 0-10
	(C) 6:30 - 8:30am Lanes: 0-10	(R) 5:30-8:45am Lanes: 1-3	(C) 6:30 - 8:30am Lanes: 0-10	(R) 5:30-8:00am Lanes: 1-3	(C) 6:30 - 8:30am Lanes: 0-10	(C) 8:00am-10:15am Lanes: *0
	(C) 8:30-9:15am Lanes: 2-10	(R) 8:45 - 10:15am Lanes: 0*	(C) 8:30-9:15am Lanes: 2-10	(R) 8:30 - 10:45am Lanes: 0*	(C) 8:30-9:15am Lanes: 2-10	(C) 10:15am-12:15pm Lanes: 6-10
	(C) 9:15am-11:00am Lanes: 0-10	(R) 10:15-12:00pm Lanes: 1-3	(C) 9:15am-11:00am Lanes: 0-10	(R) 10:45-12:00pm Lanes: 1-3	(C) 9:15am-11:00am Lanes: 0-10	(C) 11:30am-12:00pm Lanes: 0-10
	(C) 11:00am-12:00pm Lanes: 4-10		(C) 11:00am-12:00pm Lanes: 4-10		(C) 11:00am-12:00pm Lanes: 4-10	(R) 5:30-9:00am Lanes: 1-2
	(R) 5:30- 8:30am Lanes: 1-3		(R) 5:30- 8:30am Lanes: 1-3		(R) 5:30- 8:30am Lanes: 1-3	(R) 9:00-12:15pm Lane: 3
	(R) 8:30 - 10:15am Lanes: 0*		(R) 8:30 - 10:15am Lanes: 0*		(R) 8:30 - 10:15am Lanes: 0*	
(R) 10:30am-12:00pm Lanes: 1-3		(R) 10:30am-12:00pm Lanes: 1-3		(R) 10:30am-12:00pm Lanes: 1-3		
Afternoon 0* = no lanes available	(C) 12:00-1:00pm Lanes: 0-10	(C) 12:00-3:30pm Lanes: 0-10	(C) 12:00-1:00pm Lanes: 0-10	(C) 12:00-4:00pm Lanes: 0-10	(C) 12:00-1:00pm Lanes: 0-10	(C) 12:15-4:00pm Lanes: 0-10
	(C) 1:00-3:45pm Lanes: 0-10	(R) 12:00-4:00pm Lanes: 1	(C) 1:00-3:45pm Lanes: 0-10	(R) 3:00-4:00pm Lanes: 1	(C) 1:00-3:45pm Lanes: 0-10	(R) 12:15pm- 4:00pm Lanes: 1-3
	(R) 3:00-4:00pm Lanes: 1-3		(R) 3:00-4:00pm Lanes: 1-3		(R) 3:00-4:00pm Lanes: 1-3	
Evening 0* = no lanes available	(C) 3:45-4:00pm Lane: 0-6	(C) 3:30-4:00pm Lanes: 0-4; 7-10	(C) 4:00-5:00pm Lane: 0-4	(C) 4:00-5:00pm Lane: 0-4	(C) 3:45-4:00pm Lane: 0-6	(C) 4:00pm - 9:00pm Lanes: 0 - 10
	(C) 4:00-5:00pm Lanes: 0-2	(C) 4:00-5:00pm Lane: 0-4	(C) 5:00-7:15pm Lanes: 0*	(C) 5:00-7:15pm Lanes: 0*	(C) 4:00-5:15pm Lanes: 0-2	(R) 4:00 - 9:00 pm Lanes 1-3
	(C) 5:00-7:15pm Lane: *0	(C) 5:00-7:15pm Lanes: 0*	(C) 7:15pm-8:00pm Lanes 7-10	(C) 7:15pm-8:30pm Lanes 7-10	(C) 5:15-6:45pm Lane: *0	
	(C) 7:15pm-8:15pm Lanes 7-10	(C) 7:15pm-8:00pm Lanes 7-10	(C) 8:00pm-9:00pm Lanes: 3-10	(C) 8:30pm-9:00pm Lanes: 0-10	(C) 6:45pm-7:30pm Lanes 7-10	
	(C) 8:15pm-9:00pm Lanes: 0-10	(C) 8:00pm-9:00pm Lanes: 3-10	(R) 4:00 - 4:45pm Lanes: 0*	(R) 4:00 - 7:00pm Lane: 3	(C) 7:30-8:00pm Lanes: 0-2; 7-10	
	(R) 4:00 - 4:45pm Lanes: 0*	(R) 4:00 - 7:00pm Lane: 3	(R) 4:45-7:00pm Lane: 3	(R) 7:00- 9:00pm Lanes: 1-3	(C) 8:00pm-9:00pm Lanes: 0-10	
	(R) 4:45-7:00pm Lane: 3	(R) 7:00- 9:00pm Lanes: 1-3	(R) 7:00-9:00pm Lanes: 1-3		(R) 4:00 - 4:45pm Lane: *0	
(R) 7:00- 9:00pm Lanes: 1-3				(R) 4:45-9:00 pm Lanes: 1-3		

- (C) = Competition Pool, (R) = Recreation Pool Lap Lanes 1-3
- Lanes are 0-10 in Comp Pool

***SUBJECT TO CHANGE**



October Lap Swim Schedule (10/1 – 10/31)

Pool Hours

Monday – Saturday 5:30am – 9:00pm

Sunday 12:00pm – 7:00pm

Lap Swim Notes:

Competition Pool Lanes 6-10 will be reserved 3:30-5:00pm on Sunday's by Carolina Water Polo unless they have an off site competition

Carolina Swims Foundation will use lane 1 in the Recreation pool the last Sunday of each month from 2:30-3:30pm

Monday-Thursday there will be 0 lanes available in the Competition Pool from 5:00pm-7:15pm, Friday's 5:15-6:45pm, and Saturday's 8:00-10:15am

Program Updates:

HAC Masters will now hold their second workout on Mon/Wed/Fri from 11:00am-12:00pm in lanes 0-3. All lanes will be available from 12:00-1:00pm

SPORTSPLEX SWIM MEETS:

October 25-27

Please contact Aquatics Director Cliff Gordon
with any questions or concerns:

919-644-0339, ext. 241
cgordon@oc-sportsplex.com
mholbrook@oc-sportsplex.com

- (C) = Competition Pool, (R) = Recreation Pool Lap Lanes 1-3
- Lanes are 0-10 in Comp Pool

***SUBJECT TO CHANGE**