

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0500	BEGIN							
0600	TRANSIT	MORNING SHOWERS						
0700		BREAKFAST						
0800	MAKE READY	PROGRAM						BOATS OUT
0900								
1000								
1100								
1200	LUNCH							
1300	PROGRAM						BOATS CLEAN	
1400								
1500								
1600								
1700	TRANSITION TIME							
1800	DINNER							END
1900	UNWIND							
2000								
2100	EVENING SHOWERS							
2200	LIGHTS OUT							

PLAN A	SMALL BOATS	TRAINING	BIG BOATS	POWER	ASHORE	DEPART
PLAN B		POWER	TRAINING	BIG BOATS		

GRAY times are flexible times allotted for the noted activity. TRANSITION time allows for program before/after to begin/end with flexibility.