

ONE HOUR DELAY						
Start	End	Duration	Activity			
8:50	8:57	0:07	LOCKER ARRIVAL			
8:57	9:00	0:03	Transition			
9:00	9:38	0:38	Period 1			
9:38	9:41	0:03	Transition			
9:41	10:19	0:38	Period 2			
10:19	10:22	0:03	Transition			
10:22	11:00	0:38	Period 3			
11:00	11:06	0:06	Transition			
11:06	11:36	0:30	A Lunch	DREAM	Mindfulness Minute (13 minutes)	Mindfulness Minute (13 minutes)
11:36	11:39	0:03	Transition		d 4 (50 minutes)	d 4 (50 minutes)
11:39	12:09	0:30	DREAM	B Lunch		
12:09	12:12	0:03	Transition			
12:12	12:42	0:30	Mindfulness Minute (13 minutes)	Mindfulness Minute (13 minutes)	A Lunch	DREAM
12:42	12:45	0:03	d 4 (50 minutes)	d 4 (50 minutes)	Transition	
12:45	1:15	12:30			DREAM	D Lunch
1:15	1:18	0:03	Transition			
1:18	1:56	0:38	Period 5			
1:56	1:59	0:03	Transition			
1:59	2:37	0:38	Period 6			
2:37	2:40	0:03	Locker and Dismissal			