

| 2 HOUR DELAY |       |          |                                 |                                 |                                 |                                 |
|--------------|-------|----------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Start        | End   | Duration | Activity                        |                                 |                                 |                                 |
| 9:50         | 9:57  | 0:07     | LOCKER ARRIVAL                  |                                 |                                 |                                 |
| 9:57         | 10:00 | 0:03     | Transition                      |                                 |                                 |                                 |
| 10:00        | 10:27 | 0:27     | Period 1                        |                                 |                                 |                                 |
| 10:27        | 10:30 | 0:03     | Transition                      |                                 |                                 |                                 |
| 10:30        | 10:57 | 0:27     | Period 2                        |                                 |                                 |                                 |
| 10:57        | 11:00 | 0:03     | Transition                      |                                 |                                 |                                 |
| 11:00        | 11:27 | 0:27     | Period 3                        |                                 |                                 |                                 |
| 11:27        | 11:30 | 0:03     | Transition                      |                                 |                                 |                                 |
| 11:30        | 11:57 | 0:27     | Period 5                        |                                 |                                 |                                 |
| 11:57        | 12:00 | 0:03     | Transition                      |                                 |                                 |                                 |
| 12:00        | 12:27 | 0:27     | Period 6                        |                                 |                                 |                                 |
| 12:30        | 12:35 | 0:05     | Transition and Locker           |                                 |                                 |                                 |
| 12:35        | 1:05  | 12:30    | A Lunch                         | DREAM                           | Mindfulness Minute (13 minutes) | Mindfulness Minute (13 minutes) |
| 1:05         | 1:08  | 0:03     | Transition                      |                                 | Period 4 (50 minutes)           | Period 4 (50 minutes)           |
| 1:08         | 1:38  | 0:30     | DREAM                           | B Lunch                         |                                 |                                 |
| 1:38         | 1:41  | 0:03     | Transition                      |                                 |                                 |                                 |
| 1:41         | 2:11  | 0:30     | Mindfulness Minute (13 minutes) | Mindfulness Minute (13 minutes) | A Lunch                         | DREAM                           |
| 2:11         | 2:14  | 0:03     | Period 4 (50 minutes)           | Period 4 (50 minutes)           | Transition                      |                                 |
| 2:14         | 2:34  | 0:20     |                                 |                                 | DREAM                           | D Lunch                         |
| 2:36         | 2:40  | 0:04     | Locker and Dismissal            |                                 |                                 |                                 |