Waterproofing America

swim 24challenge

Captain's Guidebook
2018

Introduction

This packet contains important team information for the Swim 24Challenge – supporting the Prevent Drowning Foundation of San Diego. Team Captains should read this guidebook carefully and become familiar with the content. It is recommended that all Swim 24Challenge swimmers read this guidebook.

The Team Captain is responsible for ensuring all team members register online at **www.swim24.org**. It is recommended that the Team Captain register FIRST, so that they can create a team for other team members to join when they sign up. Team Captains are encouraged to be creative and choose a team name that best represents you and/or your team.

The Team Captain is responsible for the overall fundraising of their team through the Swim 24Challenge. Each team is asked to raise a minimum of **$1,200** to participate in the event. For a team of 12 people, this equates to **$100** per swimmer minimum. Most teams far exceed that fundraising goal. **$100** is the average cost to teach a child to swim, so each swimmer will be able to say that they saved one child's life.

It is important to use the tools provided in this guidebook to raise the highest amount of funds, as you are competing against other fundraising teams. The more money you raise, the more lives you'll save! If you choose not to fundraise, you can pay the total online directly.

Please contact event director at **swim24@enduragive.org**, with any questions regarding registration, fundraising or event participation. We're here to help you on your mission to support the Waterproofing America Initiative!

Event Day Information

Swim 24Challenge Name: Swim 24Challenge San Diego
Swim 24Challenge Web site: www.swim24.org
Swim 24Challenge Event Director: swim24@enduragive.org
Swim 24Challenge Facebook & Twitter: www.facebook.com/swim24challenge &
www.twitter.com @swim24challenge
Please encourage your whole team to 'Like' and 'Follow' our social media pages for event updates and information

Charity information

Swim 24Challenge benefits the Prevent Drowning Foundation of San Diego, a foundation which exists to reduce childhood drowning and promote water safety. Swim 24Challenge is organized by Enduragive, a 501(c)(3) non-profit organization whose mission it is to make it easier for donors to give and charities to receive by designing custom fundraising events like Swim 24Challenge. All donations from the Swim 24Challenge event are managed by Enduragive and are 100% tax deductible.

Swim 24Challenge Location & Parking information

Boys and Girls Club of San Dieguito, Pardee Aquatics Center - See map HERE
533 Lomas Santa Fe Dr., Solana Beach, CA 92075

Limited Parking is available onsite. Additional parking is available nearby. See parking map below.

Event location will have food, beverages, entertainment, sponsor tents, merchandise and check-in/information stations with Swim 24Challenge volunteers onsite for the full 24-hour period. Lifeguards and medics will be present during the duration of the event.

Please do not contact the facility directly, contact the Swim 24Challenge event coordinator at swim24@enduragive.org with questions or comments.

Eligibility
All swimmers are welcome. Swimmers under the age of 18 will need parent/guardian permission. Teams with swimmers under the age of 18 will need one chaperone on deck at all times and one chaperone in the camping area at all times. They must also provide written consent from a parent or legal guardian at the time of the event.

No affiliation or membership is required. Swimmers with special needs or pre-existing conditions are encouraged to participate. If you have special needs, or are accompanying a swimmer who has special needs, please notify the event coordinator upon sign up and arrival.

All swimmers/teams must be registered one week prior to the start of the event. We encourage teams to reach their minimum required fundraising goal **($1,200)** one week prior to the event day. Swimmers must sign the Swim 24challenge waiver during registration.

Key Dates:

Register Your Team at:	**www.swim24.org**	
Team Registration Deadline:	Saturday, August 4, 2018	All team members must be registered by this date. Team name must be chosen by team captain.
Event Start Duration Time:	Saturday, August 11, 2018-Sunday, August 12, 2018	12pm – 12pm
Substitutions & Withdraws	Saturday, August 4, 2018	Subs must be submitted via email to event director no later than this date.
Requested Fundraising Minimum Due Date	Saturday, August 4, 2018	Minimum fundraising goal for each team is $1,200 per 12-person team.

Event Day Checklist
- Goggles
- Ear and nose plugs,
- Swim cap (additional swim cap provided by Swim 24).
- Towels
- Food and water for team, electrolyte beverages, protein bars and shakes.
- Tents, mats, sleeping bags, foam rolls
- Extra bathing suits and clothing
- Pain relief rubs, hot and cold packs
- Smart phones to access event information and cameras.

- Check-in starts at 10am. Please arrive early to set up and allow time for the check-in process. Please try to have all team members present at check-in.
- Know when your swim time and keep track of your team's progress. Setting a stopwatch can be helpful.

Sleeping
Space will be provided for all guests in designated areas. Feel free to bring tents, foldout chairs, coolers, etc. (no alcohol permitted). One of the best parts of Swim24 is the overnight camping!

Support
Let your family and friends know about the event so they can provide their support. Kids are welcome but require **at least one supervisor per child**.

Before the Event

Getting Started
- Begin recruiting a 12-person team. If you know three swimmers, who each know three swimmers, that's a full 12-person team!

- As the Team Captain, you must register, create your team name and fundraising page online at **www.swim24.org** before the deadline in the table above. Click on the "Sign Up Now" button and create a profile through the registration system. Step-by-step registration information is below. Please contact event director at **swim24@enduragive.org** with any questions.

- Have all team members register and affiliate with your team before the team registration deadline in the table above.

- There is a waiver built into the registration form. Please make sure all team members review and accept the Swim 24Challenge waiver.

- As team captain you will need to establish individual fundraising goals for each team member (See page 15 for more fundraising information).

- Like our Facebook page and follow our Twitter feed to keep up-to-date on the latest headlines **www.facebook.com/swim24challenge** on Twitter as: **@swim24challenge**

Step by Step Registration & Fundraising Page Setup Instructions

**If your team has been sponsored by a grant, please contact event director at swim24@enduragive.org.

1. On the **www.swim24.org** website, click the "Sign Up Now" button.
2. Click on "Join or Create a Team". If you are a Team Captain, you will be creating a team. If you are a team member, you will be selecting the team you wish to join.

3. Enter your name and email, and a photo of yourself if desired. You can always upload/update the photo later. Then click on "Sign Up"
4. You will be presented with a customizable PERSONAL fundraising page. This is the page you will create to show your donors, so make sure it looks good! You can edit it to personalize your fundraising appeal, or simply leave it with the default descriptions for now and edit it later.
5. IF YOU ARE A TEAM CAPTAIN, click on "Create a New Team", give the team a name, and set a fundraising goal and fundraising story. You can upload a team logo or special photo and customize the appearance of your team page now, or leave the defaults and edit it later.
6. IF YOU ARE A TEAM MEMBER and want to join a team that was already created by someone else, then click on "Join A Team", and select the team name from the drop-down list. If you don't see the name of the team you want to join, send us an email at **mailto:swim24@enduragive.org**.
7. Whether you are a team captain or just a team member, click on "Get Started" to finish joining or creating your team.
8. You're all set! Look for the confirmation emails in your inbox.

Keeping your Team Organized

As Team Captain, get your team excited about supporting an amazing cause, keep them organized and on track with meeting fundraising goals, and on event day, ensure the safety of team members when they're in the pool. Arrange regular team meetings to discuss progress and swimmer preparedness, review event regulations and procedures and make sure that the team is keeping up with all new information surrounding the event. You should make an effort to swim as a team on a regular basis and as captain encourage your swimmers to stay in shape for the event. When planning your team's event schedule (duration and order of swimmers), make sure that each member does not exceed their demonstrated ability level.   ******See the Example Swim Schedule near the end of this Guidebook***

You are the primary contact for the Swim 24Challenge event staff. Your information must be up-to-date and you should always respond to correspondence or you may miss deadlines and become disqualified. Event staff will be sending out information on a weekly basis leading up to the event. This information will be critical to the success of your team.

Encourage, support and inspire your team to surpass the minimum fundraising goal of $100 per person. Reach for VIP levels! The sky is the limit.

Swimmers' Responsibilities
Swimmers are responsible for keeping their contact information up-to-date, keeping in communication with their team captain and making sure that they are prepared for the physically demanding event in which they will be participating.

Competitive swimmers know about basic diet and nutrition, proper training and maintenance to meet their individual needs. If you have swimmers who are not used to swimming competitively, make sure they understand their commitment. Not every team will be as intense as others, but each swimmer on a team needs to be accustomed to swimming the total distance that their team captain

has planned for them. Swimmers can read the training and nutrition information following this section.

Team Name
When selecting a team name, please remember that Swim 24Challenge is a family friendly event. We want you to be creative. Teams are encouraged to bring their families, friends and support crew to the event during the 24-hour period. We encourage you to think about how children might respond to your team name when the announcer calls it over the loudspeaker. Please help us in respecting all in attendance as well as our event host. If we feel your team name is inappropriate you will receive an email from the event staff asking you to select another.

Substitutions, Withdraws or Additions
If your team has any substitutions, withdraws and/or additions, you will need to contact event staff as soon as possible so they can update your team roster.

Check-in
Team check in will begin at 10am. Please give your team enough time to go through our check-in process and set up your belongings at the event. We want you to be comfortable during the 24-hour period. All team members need photo identification. If you are not one of our VIP fundraising teams, the pool decks, bleachers, and surrounding areas are first-come first-serve. Once your team is checked in, you are free to set up, strategize and enjoy the event surrounding the pool. At 12pm sharp your first swimmer will enter the water.

Littering and Property Damage
Any swimmers who are reported to have damaged private or public property or have littered, urinated or defecated on private or public property within or surrounding our host facilities will be disqualified and will not be invited back. Restrooms, locker rooms and trash cans will be provided in many areas during the event.

No alcohol, glass or pets are allowed at any of our host facilities.

Training and Nutrition

Training

Good training will help make this an enjoyable race as well as prevent injury. As with all training programs, please consult a physician when necessary.

In order to prevent injury, take a look at your overall health. For example, poor posture throughout your day can have a negative effect on your swimming. If you sit at an office chair all day, your body may be conditioned differently than a person who stands on a more regular basis. Even if you are used to swimming and working out regularly, incorporate different training techniques into your routine. Stretching before and after intense sessions or trying new breathing techniques in and out of the water could better prepare your body for this type of rigorous and continuous exercise.

Dry land training helps many swimmers improve their in-water technique. Research and try out workouts that have helped many high-endurance swimmers. Mental preparation is another key aspect that should be addressed. There are many different kinds of mental preparedness exercises that athletes use prior to events. Many books have been written on the subject, and a simple internet search will prove interesting.

Here is an example 12-week workout routine to help you get into endurance swimming techniques.

The workouts will be numbered 1 through 24 and the plan assumes you will do two workouts per week. You can put the swim workouts anywhere in the week that suits your schedule, but try to separate them by at least 24 hours.

Weeks 1 through 6
For the first six weeks, the two workouts per week are the same, except you will change the intensity of the workout. Make the odd-numbered workouts faster than the even-numbered ones. At that, keep the intensity for both relatively low. While the odd-numbered workouts should be the fastest of the week, the intensity should only be in the Zone 1 to 2 range. No higher. Even-numbered workouts are Zone 1 effort and should feel easier.

Only the main set of the workout is displayed in the column. If you have some swim experience and want to add an additional warm-up or cool-down set or form drills, feel free to do so.

Week 1 - Workouts 1 and 2: This plan assumes you can swim down and back (50 yards or meters) in a standard pool. Although "yards" is used in each description, yards and meters are exchangeable. The first workout is simply swimming 10 x 50 yards, resting about 45 seconds between each 50. You may have to rest an entire minute between each 50 and that is okay. If you do not use a specific warm-up or cool-down, make the first and last couple of 50s very easy.
Week 2 - Workouts 3 and 4: Swim 10 x 50 yards, take 30 to 45 seconds of rest between each 50.
Week 3 - Workout 5 and 6: Swim 10 x 50 yards, take 20 to 30 seconds of rest between each 50.
Week 4 - Workouts 7 and 8: Bump the distance up a bit to 8 x 75 yards, with 30 seconds between each 75 yards.
By now, you are building some endurance in the pool. If you would like to swim a bit longer, add a few yards of warm-up before the 8 x 75 and/or add a few yards after the main set. In the weeks to come, you can add warm-up, cool-down and a few yards of kicking to any day that you have the time and energy to do so.
Week 5 - Workouts 9 and 10: Swim 8 x 75 yards, with 20 seconds between each 75-yard swim.
Week 6 - Workouts 11 and 12: Swim 8 x 75 yards, with 10 seconds between each 75-yard swim.

Weeks 7 -12
For Weeks 7 through 12, make the odd-numbered swims Zones 1 to 3 intensity and the even-numbered swims Zone 1 to 2 intensity. For this training block, include warm-up yards before the main set and cool down with at least 100 yards of easy swimming at the end of the workout.
If you have time and energy, it is fine to add a few yards after the main set and before your cool-down, swimming up to 30 minutes total.
Week 7 - Workouts 13 and 14: Swim 5 x 100 yards, with 20 seconds between each 100-yard swim.
Week 8 - Workouts 15 and 16: Swim 5 x 100 yards, with 10 seconds between each 100.
Week 9 - Workouts 17 and 18: After a few minutes of warm-up in the pool, swim 500 yards nonstop and take note of your time. As you continue your triathlon journey past this first race, your 500 time should improve with training.
Week 10 - Workouts 19 and 20: After warming up with a few yards at the pool, swim 3 x 200 yards with 15 seconds rest between each 200. In total, swim up to 30 minutes. For Workout 20, swim about 15 to 30 minutes in open water or repeat Workout 19 in the pool.
Week 11 - Workouts 21 and 22: After your own warm-up, swim 500 yards nonstop at the pool. Make the odd-numbered 25-yard-segments (a single length of the pool, unless it's a 50-meter long pool) very easy and the even-numbered 25-yard-segments faster.
For Workout 22, repeat Workout 21 or swim up to 30 minutes in open water.
Week 12 - Workouts 23 and 24: After a good warm-up at the pool, swim 500 yards nonstop. Make the first 100 yards of your swim very easy. On the second 100, try to relax your arms on the out-of-water portion (recovery). For the third 100 yards, focus on a strong hand pull. On the fourth 100 yards use a strong underwater pull and relaxed recovery. Finally, make each 25-yard length a bit faster on the final 100 yards.
This is the same strategy to use during the swim on race day. For Workout 24, begin with a short warm-up, then swim 250 yards at race pace. Include four accelerations consisting of 12 powerful arm strokes during the swim, whenever the mood strikes you—this is known as "fartlek" swimming. Take at least 24 strokes of easy swimming to recover after each acceleration. After a short cool-down, get out of the pool.

Even if you are currently a non-swimmer, in just 12 weeks you can build the endurance to swim for up to 30 minutes. At minimum, you'll be ready to swim 500 yards.

Nutrition
There are multiple nutrition tracking systems available on the internet. Swimmers should know how their body reacts to different types of food and caloric intake while training months prior to the actual event. Eat, sleep and train every day as if the event were tomorrow.

Many high endurance athletes choose specific diets for intense body strain. Some athletes prefer high-protein, high-calorie, others might find that low-fat, high carb works best for them. Know your limits, but don't be afraid to try new nutrition programs specific to you and the amount of calories you are burning daily. However, make sure you are well acclimated to this style by event time.

Rules and Safety

1. Each team must have only one (1) swimmer in the water at all times for the duration of the 24 hours.
2. Each team must keep track of the number of laps swam using the Swim 24Challenge app, available on both the Apple App Store and the Google Play Store. *In the unforeseen event of an app failure, please write down the number of laps for each swimmer and turn it in to the referees desk no more than 10 minutes after the swimmer exits the water.*
3. The order, duration and number of times a team member swims are at the discretion of the team.
4. There are no rules as to how people swim. No swim aids or floatation devices are allowed, except in the Anything Goes category. Swimmers with a disability may use aides at the discretion of the Host Organization. No wetsuits or heat-retention apparel will be allowed, except in the Anything Goes category. Non-neoprene rash guards/sunguards are allowed.
5. If a team or solo swimmer breaks the rules or has more than the maximum number of team members per their designated category, they become ineligible to receive awards and achieve records, except in the Anything Goes category.

a. Time in Water:
    i. Each team must have a swimmer in the water at all times.
    ii. Each relay member must complete a minimum of 1 hour and no more than 12 hours during the 24-hour event.
    iii. Swimmers must exit the pool for bathroom breaks, but the watch will not stop.
    iv. Time in the water is cumulative and can be executed consecutively with no limit on legs (exchanges) per swimmer.
    v. Relay distances are to be kept to a minimum of 100 yards.

b. Lane Usage:
    i. Lanes will be assigned based in part on fundraising totals. The more money your team raises, the better lane placement they will get.
    ii. Lanes will be split between teams when necessary to accommodate all teams.
    iv. Teams must maintain their lane assignment
    v. No drafting allowed

c. Relay Exchanges:
    i. Feet first entry into the pool. **No diving allowed**. Exchange swimmer must enter the water feet first prior to the swimmer exchange. Exchange swimmer must have one hand on the wall and be tagged by the current swimmer (in pool).
    ii. The swimmer in the water must tag the new swimmer at the completion of their last lap and exit the pool before the new swimmer completes his/her first lap.
    iii. Tagging is considered physical contact between the exiting swimmer and the new swimmer after completion of the outgoing swimmer's leg.
    iv. Unlimited exchanges are allowed if the minimum & maximum times in the water requirements are met by each team member.

d. Deck Rules & Counting
    i.   On Deck:
        1.   If there is one team per lane:

A. Teams should decorate their area immediately behind their lane on the exchange end of the pool
B. Sun Shades are recommended
C. Small groups of team members and supporters are encouraged within the space of the lane. Do not cross over into other team lane assignments.

2. If there are two teams per lane:
There will be no more than 5 team members allowed behind the lane at one time (*preferably three as space allows)
a Lap Counter*
b Current Swimmer
c Next swimmer*
d Next Lap counter*
e Chaperones

ii. Counting:
1. Each team must provide lap counters for their own team (team members from other teams may also be counters).
2. Each team will be required to log the laps using the Swim 24Challenge app lap counter. Otherwise, they must log the time and lap count on the "lap covered" form provided by Swim 24Challenge.
3. Counters will be tracking laps and exchanges via Swim 24Challenge proprietary tracking technology or forms provided.
4. 50 yards will be counted as one lap. Therefore, in a standard 25yd pool, two lengths of a pool will be counted as one (1) lap (50 yards).
5. At the end of the 24-hour period the last fully completed lap will be the finished distance, (the swimmer in the middle of a lap would go back to the last completed lap at the end of the 24-hour period).

Pre-qualification / Requirements for 2-person teams and solo swimmers:
2-Person Relays:
i. Must submit proof of a 6-hour solo swim (form provided) as well as submit both individual & average team 500-yard times.
ii. Must have at least one (1) dedicated crew member (minimum of 1 crew member on-deck at all times)
iii. Each team member may not exceed 12-hours cumulative time in the water.

b. Solos:
i. Swimmers must submit proof of a 6-hour solo swim as well as submit individual 500-yard times (form provided).
ii. Must submit a swim plan (form provided)
iii. Must sign a waiver (form provided).
iv. Must have at least 2 support crew members (minimum of 1 crew member on-deck at all times), one of which will be a medical staff person.
v. Solo swimmers must exit the water for a mandatory 10 minute break every 4 hours and 30 minutes, at 12 hours and at 20 hours.

Equipment

Only one Latex or Silicone swim cap is allowed. Goggles, and Ear & Nose Plugs are permitted. No other equipment will be permitted, with the exception of the Anything Goes Division Examples include but are not limited to: buoyancy aids, fins, paddles, heat retaining wetsuits or suits that will assist you with your swim.

Swim Etiquette

As there may be more than yourself swimming in the lane, please take note of the following swim etiquette:

a) Stay on your side of the assigned lane.

b) No diving. When entering the water on your part of the relay please be aware of other swimmers.

c) If you are tired and can't go on, please let your teammates know.

d) Relay distances are to be kept to a <u>minimum of 100 yards</u>.

e) It is the responsibility of all participants to ensure their health and safety at the event. Qualified lifeguards will monitor the pool for the entire 24 hours. Toilet breaks are allowed but the 24-hour stopwatch will <u>not</u> be paused.

Awards

Top Overall Team Award
The winning team will receive 1 point for every $10 raised and 1 point for every 500 yards they swim – every team has a chance to win!

Top Individual Fundraiser
Awarded to the individual who has raised the most funds.

Top Fundraising Team
Awarded to the team that has raised the most funds. Team Captain receives this award.

Youth Award
Awarded to youth individual for their fundraising effort & active participation throughout the event.

Farthest Distance Swam – Individual (Male & Female)
Awarded to the individual fundraiser who swam the farthest distance within the 24 Hours.

Farthest Distance Swam- Team
Awarded to the individual fundraiser who swam the farthest distance within the 24 Hours.

Best Team Personality
Awarded to the team that has the best team spirit and personality on-site for all 24 hours. It's the team everyone notices, remembers and wants to be friends with.

Anything Goes Division (AGD, Not So Serious Division)
The AGD is open to all with only two rules:
1) You must be able to swim.
2) You must meet the safety requirements of the host pool. If you can dream it up and your host pool gives you the "OK" for 24 hours in the pool, go for it!

Fundraising and Sponsorship

All teams (of 12, 6, 2 and 1) will be responsible for the registration donation minimum of $1200 in total or $100 per person. Teams are requested to have the minimum donation of $1200 raised no later than the cutoff date in the table above. However, fundraising will continue after event day. Teams are encouraged to keep raising money after they reach the minimum fundraising goal.

Teams can raise money from family, friends, colleagues, companies and the general public. They can receive donations, be sponsored by a team or company and/or host their own fundraising event to add to their total funds raised. It is entirely up to each participant to decide how they will fundraise.

Consider having local businesses "adopt a swimmer" or team. A single person or family can also sponsor individually. Sending out a general email to get support (templates located in following section) will help tremendously and will get the people in your life involved and personally invested in

this cause. Get the community involved as much as possible. Let local media know about the event. Put up flyers and spread the word – both online & in-person.

If you choose to sponsor your own team or have your team sponsored through a grant, you can have a check made out directly to the **Prevent Drowning Foundation of San Diego. Please make sure Swim 24Challenge is noted in the memo and that the information for the team being sponsored is emailed to the event director, **swim24@enduragive.org**. This will ensure your team is verified for the fundraising minimum and you receive any VIP perks pertaining to the sponsored amount donated.**
Please mail checks to:
Prevent Drowning Foundation of San Diego
Waterproofing America
PO Box 90622, San Diego, CA 92169

Individual and/or Team Sponsorship

General Support Email

Hi Guys!

Did you know that drowning is the second leading cause of accidental death among children, and the leading cause of death for minority children and toddlers? There is something we can do about it. Drowning is preventable.

I have decided to participate in a local fundraising event called Swim 24Challenge. I have joined a team of swimmers who, together, will swim non-stop for 24 hours in a competition with other teams. Our mission is to raise the most money to provide swim lessons for children whose families otherwise could not afford them.

Please provide your help and support in any way that you can. The Prevent Drowning Foundation of San Diego is a 501 (3) c, so all donations are tax deductible.

Visit **swim24.org** to learn more about this cause. If you would like to make a donation to my team, you can do so at _____. An individual, family or company can sponsor me as a solo swimmer, or my team as a whole. If you would like to attend the event, my team will be competing at this location_____ on this date_____. Please call or email me with questions.

Thanks and wish me luck!

Name
Phone Number
Team Name etc…

SAMPLE SWIM SCHEDULE
(This is only a suggestion. You are free to use any scheduling strategy you choose so long as it complies with the rules above.)

#	Swimmer's Name	Swimmers Start Times			
		Swim #1	Swim #2	Swim #3	Swim #4
1		Noon	6:00 PM	Midnight	6:00 AM
2		12:30 PM	6:30 PM	12:30AM	6:30 AM
3		1:00 PM	7:00 PM	1:00 AM	7:00 AM
4		1:30 PM	7:30 PM	1:30 AM	7:30 AM
5		2:00 PM	8:00 PM	2:00 AM	8:00 AM
6		2:30 PM	8:30 PM	2:30 AM	8:30 AM
7		3:00 PM	9:00 PM	3:00 AM	9:00 AM
8		3:30 PM	9:30 PM	3:30 AM	9:30 AM
9		4:00 PM	10:00PM	4:00 AM	10:00AM
10		4:30 PM	10:30PM	4:30 AM	10:30AM
11		5:00 PM	11:00PM	5:00 AM	11:00AM
12		5:30 PM	11:30PM	5:30 AM	11:30AM

#	Substitute Swimmer's Name
1	
2	
3	

#	Timer's Name	Timer's Start Times			
		Shift #1	Shift #2	Shift #3	Shift #4
1		Noon	6:00 PM	Midnight	6:00 AM
2		1:30 PM	7:30 PM	1:30 AM	7:30 AM
3		3:00 PM	9:00 PM	3:00 AM	9:00 AM
4		4:30 PM	10:30PM	4:30 AM	10:30AM