**LCU Shift Pattern**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| week 1 | 1300-2200 | 1300-2200 | 1300-2200 | 1300-2200 | Rest Day | Rest Day | Rest Day |
| week 2 | 1300-2200 | 1300-2200 | 1300-2200 | Rest Day | Rest Day | 0800-1800 | 0800-1630 |
| week 3 | 0800-1630 | 0800-1630 | Rest Day | Rest Day | 1400-0000 | 1400-0000 | 1300-2200 |
| week 4 | 0900-1800 | Rest Day | Rest Day | 1300-2200 | 1400-0000 | 1400-0000 | 1400-0000 |
| week 5 | Rest Day | Rest Day | 0800-1630 | 0800-1630 | 1400-0000 | Rest Day | Rest Day |
| week 6 | Rest Day | 0800-1630 | 0800-1630 | 0800-1630 | 0800-1630 | Rest Day | Rest Day |
| week 7 | 1300-2200 | 1300-2200 | 1300-2200 | 1300-2200 | Rest Day | Rest Day | Rest Day |
| week 8 | 1300-2200 | 1300-2200 | 1300-2200 | Rest Day | Rest Day | 0800-1800 | 0800-1630 |
| week 9 | 0800-1630 | 0800-1630 | Rest Day | Rest Day | 0800-1630 | 0800-1800 | 0800-1630 |
| week 10 | 0800-1630 | Rest Day | Rest Day | 1300-2200 | 1400-0000 | 1400-0000 | 1400-0000 |
| week 11 | Rest Day | Rest Day | 0800-1630 | 0800-1630 | 0800-1700 | Rest Day | Rest Day |
| week 12 | Rest Day | 0800-1630 | 0800-1630 | 0800-1630 | 0800-1700 | Rest Day | Rest Day |

**3 Team, 12 Week Cycle, Span of Hours 0800 – 0000hrs, Spinal Column points = 5**