

Shift Patterns

CIT shift Pattern

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
week 1	1000-1900	1000-1900	1000-1900	1000-1900	Rest Day	Rest Day	Rest Day
week 2	1600-0000	1600-0000	1600-0000	Rest Day	Rest Day	0700-1700	0700-1600
week 3	0700-1600	0700-1600	Rest Day	Rest Day	1000-1900	1000-1900	1000-1900
week 4	Rest Day	Rest Day	T/D 8	1600-0000	1600-0200	1600-0200	1600-0000
week 5	Rest Day	Rest Day	0700-1600	0700-1600	0700-1700	Rest Day	Rest Day

5 Team 5 week Pattern, Span of Hours 0700 – 0200, Spinal Column Points = 8