

### FULL TIME ROTAS (37½ HOURS)

|    | SEL111CORE ROTA v01 37.5HRS |           |           |           |           |           |           |
|----|-----------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
|    | Mon                         | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| 1  | 0600-1400                   | 0600-1400 | 1100-1900 | 1100-1900 | 1100-1900 | Rest Day  | Rest Day  |
| 2  | Rest Day                    | 0600-1400 | 0600-1400 | 0600-1400 | 0600-1400 | 0600-1400 | Rest Day  |
| 3  | 1500-2300                   | 1500-2300 | 1500-2300 | Rest Day  | Rest Day  | 1200-2000 | 1200-2000 |
| 4  | 1100-1900                   | 1100-1900 | 1300-2100 | Rest Day  | Rest Day  | 0800-1600 | 0800-1600 |
| 5  | 0800-1600                   | 0800-1600 | 0800-1600 | Rest Day  | 0600-1400 | 0700-1500 | Rest Day  |
| 6  | 0700-1500                   | 0700-1500 | 0700-1500 | 0700-1500 | 0700-1500 | Rest Day  | Rest Day  |
| 7  | 1000-1800                   | 1000-1800 | 1000-1800 | Rest Day  | Rest Day  | 0800-1600 | 0900-1700 |
| 8  | 1800-0200                   | 1800-0200 | Rest Day  | Rest Day  | 1800-0200 | 2200-0600 | 2200-0600 |
| 9  | Rest Day                    | Rest Day  | 0800-1600 | 0800-1600 | 0800-1600 | 0800-1600 | 0800-1600 |
| 10 | Rest Day                    | 1500-2300 | 1500-2300 | 1500-2300 | Rest Day  | 1400-2200 | 1400-2200 |
| 11 | Rest Day                    | 1700-0100 | 1700-0100 | 1700-0100 | 1700-0100 | 1700-0100 | Rest Day  |
| 12 | 0700-1500                   | 0700-1500 | 0900-1700 | 0900-1700 | 0900-1700 | Rest Day  | Rest Day  |
| 13 | 2200-0600                   | 2200-0600 | 2200-0600 | 2200-0600 | 2200-0600 | Rest Day  | Rest Day  |
| 14 | Rest Day                    | Rest Day  | 0900-1700 | 0900-1700 | 0900-1700 | 0900-1700 | 0900-1700 |
| 15 | Rest Day                    | 1200-2000 | 1200-2000 | 1200-2000 | Rest Day  | 1200-2000 | 1200-2000 |
| 16 | 1600-0000                   | 1600-0000 | 1600-0000 | Rest Day  | 1600-0000 | 1600-0000 | Rest Day  |

|    | SEL111CORE ROTA Option 2 v02 37.5HRS |           |           |           |           |           |           |
|----|--------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
|    | Mon                                  | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| 1  | 0600-1500                            | 0600-1500 | 1100-1900 | 1100-1900 | 1100-1900 | Rest Day  | Rest Day  |
| 2  | Rest Day                             | 0600-1500 | 0600-1500 | 0600-1500 | 0700-1500 | 0700-1500 | Rest Day  |
| 3  | Rest Day                             | 1400-2300 | 1400-2300 | Rest Day  | Rest Day  | 1200-2100 | 1200-2100 |
| 4  | 1000-1900                            | 1000-1900 | 1300-2100 | Rest Day  | Rest Day  | 0700-1600 | 0700-1600 |
| 5  | 0600-1500                            | 0600-1500 | Rest Day  | 0700-1600 | 0700-1600 | Rest Day  | Rest Day  |
| 6  | 0700-1500                            | 0700-1500 | 0700-1600 | 0600-1500 | 0600-1500 | Rest Day  | Rest Day  |
| 7  | 0800-1700                            | 0800-1700 | 0900-1700 | Rest Day  | Rest Day  | 0700-1500 | 0800-1700 |
| 8  | 1700-0200                            | 1700-0200 | Rest Day  | Rest Day  | 1800-0200 | 2100-0600 | 2200-0600 |
| 9  | Rest Day                             | Rest Day  | 0600-1500 | 0600-1500 | 0600-1500 | 0800-1600 | 0800-1600 |
| 10 | Rest Day                             | Rest Day  | 1400-2300 | 1400-2300 | Rest Day  | Rest Day  | 1400-2300 |
| 11 | Rest Day                             | 1600-0100 | 1600-0100 | 1600-0100 | 1600-0100 | Rest Day  | Rest Day  |
| 12 | 0600-1500                            | 0600-1500 | 0800-1700 | 0830-1700 | 0900-1700 | Rest Day  | Rest Day  |
| 13 | 2100-0600                            | 2100-0600 | 2200-0600 | 2200-0600 | 2200-0600 | Rest Day  | Rest Day  |
| 14 | Rest Day                             | Rest Day  | 0900-1700 | 0900-1700 | 0900-1700 | 0800-1700 | 0800-1700 |
| 15 | Rest Day                             | Rest Day  | 1200-2100 | 1200-2100 | Rest Day  | 1200-2000 | 1200-2000 |
| 16 | 1500-0000                            | 1500-0000 | 1500-0000 | Rest Day  | Rest Day  | 1500-0000 | Rest Day  |

|    | SEL111CORE ROTA OPTION 3 37.5HRS - 4 shifts |           |           |           |           |           |           |
|----|---------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
|    | Mon                                         | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| 1  | Rest Day                                    | 0600-1600 | 1100-2100 | 1100-2100 | 1100-2030 | Rest Day  | Rest Day  |
| 2  | Rest Day                                    | 0630-1600 | 0600-1600 | 0600-1600 | 0600-1600 | Rest Day  | Rest Day  |
| 3  | 1500-0100                                   | 1500-0100 | Rest Day  | Rest Day  | Rest Day  | 1200-2200 | 1200-2130 |
| 4  | 1100-2100                                   | 1100-2030 | Rest Day  | Rest Day  | Rest Day  | 0800-1800 | 0800-1800 |
| 5  | Rest Day                                    | Rest Day  | 0800-1800 | 0800-1800 | 0600-1600 | 0700-1630 | Rest Day  |
| 6  | 0700-1630                                   | 0700-1700 | 0700-1700 | 0700-1700 | Rest Day  | Rest Day  | Rest Day  |
| 7  | 1000-2000                                   | 1000-2000 | Rest Day  | Rest Day  | Rest Day  | 0800-1800 | 0900-1830 |
| 8  | 1700-0300                                   | 1700-0300 | Rest Day  | Rest Day  | Rest Day  | 2000-0600 | 2030-0600 |
| 9  | Rest Day                                    | Rest Day  | Rest Day  | 0830-1800 | 0800-1800 | 0800-1800 | 0800-1800 |
| 10 | Rest Day                                    | Rest Day  | 1500-0100 | 1500-0100 | Rest Day  | 1400-0000 | 1400-2330 |
| 11 | Rest Day                                    | Rest Day  | 1600-0200 | 1600-0200 | 1600-0200 | 1600-0130 | Rest Day  |
| 12 | 0700-1700                                   | 0700-1700 | Rest Day  | 0900-1900 | 0900-1830 | Rest Day  | Rest Day  |
| 13 | 2030-0600                                   | 2000-0600 | 2000-0600 | 2000-0600 | Rest Day  | Rest Day  | Rest Day  |
| 14 | Rest Day                                    | Rest Day  | Rest Day  | 0900-1900 | 0900-1900 | 0900-1900 | 0900-1830 |
| 15 | Rest Day                                    | 1230-2200 | 1200-2200 | Rest Day  | Rest Day  | 1200-2200 | 1200-2200 |
| 16 | 1400-0000                                   | 1400-0000 | Rest Day  | Rest Day  | 1400-0000 | 1400-2330 | Rest Day  |

### 30 HOURS PER WEEK ROTAS

|    | SEL111CORE ROTA v02 30HRS |           |           |           |           |           |           |
|----|---------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
|    | Mon                       | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| 1  | 0800-1600                 | 0800-1600 | Rest Day  | Rest Day  | Rest Day  | 0900-1700 | 1400-2200 |
| 2  | 1500-2300                 | Rest Day  | Rest Day  | Rest Day  | 0800-1600 | 0800-1600 | 0800-1600 |
| 3  | Rest Day                  | Rest Day  | 1500-2300 | 1500-2300 | 1500-2300 | 1400-2200 | Rest Day  |
| 4  | Rest Day                  | 0700-1500 | 0800-1600 | 0800-1600 | 0700-1500 | Rest Day  | Rest Day  |
| 5  | 0600-1400                 | 0600-1400 | Rest Day  | Rest Day  | Rest Day  | 0700-1500 | 0700-1500 |
| 6  | 0800-1600                 | 0800-1600 | Rest Day  | Rest Day  | Rest Day  | 2300-0700 | 2300-0700 |
| 7  | 2300-0700                 | 2300-0700 | Rest Day  | Rest Day  | 0700-1500 | 1500-2300 | Rest Day  |
| 8  | Rest Day                  | 1100-1900 | 1500-2300 | 1500-2300 | 1500-2300 | Rest Day  | Rest Day  |
| 9  | 0700-1500                 | 0700-1500 | 0700-1500 | Rest Day  | Rest Day  | Rest Day  | 0700-1500 |
| 10 | 0600-1400                 | 0600-1400 | Rest Day  | Rest Day  | Rest Day  | 0700-1500 | 0700-1500 |
| 11 | 1500-2300                 | Rest Day  | Rest Day  | Rest Day  | 0800-1600 | 0800-1600 | 1500-2300 |
| 12 | Rest Day                  | Rest Day  | 0600-1400 | 0600-1400 | 1500-2300 | 1500-2300 | Rest Day  |
| 13 | Rest Day                  | 0700-1500 | 1100-1900 | 1100-1900 | 1100-1900 | Rest Day  | Rest Day  |
| 14 | 0700-1500                 | 0700-1500 | 0900-1700 | 0900-1700 | Rest Day  | Rest Day  | Rest Day  |
| 15 | Rest Day                  | Rest Day  | 0600-1400 | 0600-1400 | 0700-1500 | 0700-1500 | Rest Day  |
| 16 | Rest Day                  | 1500-2300 | 2300-0700 | 2300-0700 | 2300-0700 | Rest Day  | Rest Day  |

|   | SEL111CORE ROTA 30HRS OPTION 2 alt w/e v01 |           |           |           |           |           |           |
|---|--------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
|   | Mon                                        | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| 1 | Rest Day                                   | 0800-1600 | 0800-1600 | 1400-2200 | 1400-2200 | Rest Day  | Rest Day  |
| 2 | Rest Day                                   | Rest Day  | Rest Day  | 0800-1600 | 0800-1600 | 0800-1600 | 0800-1600 |
| 3 | Rest Day                                   | 1400-2200 | 1500-2300 | 1500-2300 | 1500-2300 | Rest Day  | Rest Day  |
| 4 | 0700-1500                                  | 0800-1600 | Rest Day  | Rest Day  | Rest Day  | 1000-1800 | 1000-1800 |
| 5 | Rest Day                                   | 0700-1500 | 0700-1500 | 1800-0200 | 1800-0200 | Rest Day  | Rest Day  |
| 6 | 0800-1600                                  | 0800-1600 | Rest Day  | Rest Day  | Rest Day  | 2200-0600 | 2200-0600 |
| 7 | 2200-0600                                  | 2200-0600 | Rest Day  | 0700-1500 | 0700-1500 | Rest Day  | Rest Day  |
| 8 | Rest Day                                   | 1100-1900 | 1100-1900 | Rest Day  | Rest Day  | 1700-0100 | 1700-0100 |

| SEL111CORE ROTA 30HRS OPTION 3 (3 x SHIFTS) v01 |           |           |           |           |           |           |
|-------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Mon                                             | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| Rest Day                                        | Rest Day  | 1330-0000 | 1330-0000 | 1330-0000 | Rest Day  | Rest Day  |
| 0700-1730                                       | 0700-1730 | Rest Day  | Rest Day  | Rest Day  | Rest Day  | 0700-1730 |
| 0700-1730                                       | Rest Day  | Rest Day  | Rest Day  | Rest Day  | 1930-0600 | 1930-0600 |
| Rest Day                                        | Rest Day  | Rest Day  | 0600-1630 | 0600-1630 | 0600-1630 | Rest Day  |

### **22½ HOURS PER WEEK ROTA**

| SEL111CORE ROTA 22.5HRS v01 |           |           |           |           |           |           |
|-----------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Mon                         | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| Rest Day                    | Rest Day  | 0900-1700 | 0900-1700 | 0900-1700 | Rest Day  | Rest Day  |
| 0700-1500                   | 0700-1500 | Rest Day  | Rest Day  | Rest Day  | Rest Day  | 2200-0600 |
| 2200-0600                   | Rest Day  | Rest Day  | Rest Day  | Rest Day  | 0700-1500 | 0700-1500 |
| Rest Day                    | Rest Day  | Rest Day  | 1600-0000 | 1600-0000 | 1600-0000 | Rest Day  |

### **20 HOURS PER WEEK ROTA**

| SEL111CORE ROTA 20HRS v01 |           |           |           |           |           |           |
|---------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Mon                       | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| Rest Day                  | Rest Day  | Rest Day  | Rest Day  | 1500-2300 | 1500-2300 | 1500-2000 |
| Rest Day                  | Rest Day  | Rest Day  | 0800-1600 | 0800-1600 | 0800-1300 | Rest Day  |
| Rest Day                  | 1800-2300 | 2200-0600 | 2200-0600 | Rest Day  | Rest Day  | Rest Day  |
| Rest Day                  | Rest Day  | Rest Day  | Rest Day  | 0800-1300 | 0700-1500 | 0700-1500 |
| Rest Day                  | Rest Day  | 1100-1600 | 1800-0200 | 1800-0200 | Rest Day  | Rest Day  |
| 0700-1500                 | 0700-1500 | 0700-1200 | Rest Day  | Rest Day  | Rest Day  | Rest Day  |
| 0800-1300                 | Rest Day  | Rest Day  | Rest Day  | Rest Day  | 0800-1600 | 0800-1600 |
| Rest Day                  | Rest Day  | Rest Day  | 1600-0000 | 1600-0000 | 1600-2100 | Rest Day  |

### **15 HOURS PER WEEK ROTA**

| SEL111CORE ROTA 15HRS v01 |           |           |           |           |           |           |
|---------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Mon                       | Tue       | Wed       | Thu       | Fri       | Sat       | Sun       |
| Rest Day                  | Rest Day  | Rest Day  | Rest Day  | Rest Day  | 1500-2300 | 1500-2300 |
| Rest Day                  | Rest Day  | 0800-1600 | 0800-1600 | Rest Day  | Rest Day  | Rest Day  |
| 1800-0200                 | 1800-0200 | Rest Day  | Rest Day  | Rest Day  | Rest Day  | Rest Day  |
| Rest Day                  | Rest Day  | Rest Day  | Rest Day  | Rest Day  | 0700-1500 | 0700-1500 |
| Rest Day                  | Rest Day  | Rest Day  | 2200-0600 | 2200-0600 | Rest Day  | Rest Day  |
| 0700-1500                 | 0700-1500 | Rest Day  | Rest Day  | Rest Day  | Rest Day  | Rest Day  |
| Rest Day                  | Rest Day  | Rest Day  | Rest Day  | Rest Day  | 0800-1600 | 0800-1600 |
| Rest Day                  | Rest Day  | Rest Day  | 1600-0000 | 1600-0000 | Rest Day  | Rest Day  |