

Friday Distance Session 4:00 WU 5:00 Start

	1	2	3	4	5	6	7	8		9	10	11	12	13	14	15	16	17	18	19
4:00p	RAC	RAC	WYW	WYW	ZEUS	ZEUS	NCY	NCY		GRYM	GRYM	WRAT	SSAC	CPAC	ORCA	GYWD	PSDY	OPEN	OPEN	OPEN
4:50p	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Lanes 9-11 will be open for Continuous Warmup/Warmdown during the meet.