**Endurathon 2021:**

National, Provincial and Provincial development, Regional, Senior, LMR:

**SESSION 1:**

**Sunday, October 31st:**

***6:30 – 7:45 AM***

15 minutes warm up

***60 minute swim continuous – each coach can make up a set if possible***

***SCM lanes:***

National – lanes 1,2,3 and 4

Provincial – lanes 5, 6, 7 and 8

***SCY lanes: EAST POOL***

Provincial Development – lanes 9,10,11,12 (east end)

Regional – lanes 13,14,15,16

***SCY lanes: WEST POOL***

LMR – lanes (west pool) – 1,2,3, 4, 5

Senior – lanes 6, 7, 8

***SESSION 2:***

Blue, Red, White groups – anyone else left over?

* Enter building at 7:50 AM and ready to WU by 8 AM

***Sunday, October 31st:***

8 – 9:00 AM

8 - 8:15 AM: warm up

8:15 – 9:00 AM – swim – ***45 minute swim based on what coaches set up***

***SCY lanes EAST***

Red – lanes 1,2,3,4

Blue – lanes 5,6,7,8

***SCY lanes WEST***

White V – lanes 1,2,3,4

White B – lanes 5,6,7,8

***Swim School:***

* Swim from 9:00 – 10 AM in East and West pools SCY