

# **GENERAL WARM-UPS**

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**3-POINT  
ENTRY**

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**CIRCLE  
SWIMMING  
ONLY!**

**PACE**

**LANE**

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**COACH**

**SUPERVISION**

**ONLY**

**STARTS /  
SPRINTS**

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**ONE-WAY  
SWIMMING**

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**COACH  
SUPERVISION  
ONLY**