

# Session 5

Sunday December 5, 2021

First Warm-Up 7:00 AM - 7:25 AM

## DEEP END

Lane	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
	RPLX	RPLX	RPLX	RPLX	RPLX	RPLX	RPLX	SST
					UNAT-IL			

## SHALLOW END

Lane	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
	FAST	FAST	FAST	FAST	HHST
					CRCY

Second Warm-up 7:25 AM- 7:50 AM

## DEEP END

Lane	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
	RSCA	RSCA	RSCA	RSCA	RSCA	RSCA	RSCA	RSCA

## SHALLOW END

Lane	<u>1</u>	<u>2</u>	<u>3</u>	-	-
	SEA	SEA	SEA		
			UCSC		

