

**Session 3**

**Saturday January 22, 2022**

**First Warm-Up 11:30 AM-11:55 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	SEA	SEA

**SHALLOW 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>
	SEA	SEA	SEA	SEA	SEA	SEA		

**Second Warm-Up 11:55 AM-12:20 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	HEAT

**SHALLOW END**

Lane	<u>1</u>	<u>2</u>						
	FAST	FAST						
		UNATT						