Session 4

Sunday January 23, 2022

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

DEEP END

Lane	1	2	3	4	5	6	7	8
	RPLX	RPLX	RPLX	RPLX	RSCA	RSCA	RSCA	RSCA
				-				
	-	-	-	-	-	-	-	-

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

DEEP END

Lane	1	2	3	4	5	6	7	8
	HEAT	FAST	FAST	SEA	SEA	SEA	SEA	SEA
				-				
	-	-						