

Session 5

Sunday January 23, 2022

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

DEEP END

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

SHALLOW END

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

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

DEEP END

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

SHALLOW END

Lane	<u>1</u> FAST	<u>2</u> FAST UNATT	<u>3</u> HEAT					