** Beach Bum Open**

 **McDermott Pool**

 **975 Sandy Lane, Warwick RI**

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| Session 1 Saturday Morning |
| Warm-up @ 8:00am | Meet starts @ 9:10am |
| Girls | Boys |
| 1 | **12&U 200 IM** | **2** |
| 3 | **12&U 50 FLY** | **4** |
| 5 | **12&U 50 FR** | **6** |
| 7 | **12&U 100 BK** | **8** |
| 9 | **11-12 200 FLY**  | **10** |
| 11 | **12&U 100 BR** | **12** |

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| Session Distance |
| Warm-up @ 1:00 pm | Meet starts @ 1:25pm |
| Girls | Boys |
|  | **Mixed 11&O 800 FR (Fast to Slow) Limit of 4 heats** |  |

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| Session 3 Saturday Afternoon |
| Warm-up @ 2:30pm | Meet starts @ 3:40pm |
| Girls | Boys |
| 15 | **13&O 200 BR** | **16** |
| 17 | **13&O 100 BK** | **18** |
| 19 | **13&O 50 FR** | **20** |
| 21 | **13&O 50 BR** | **22** |
| 23 | **13&O 200 FLY** | **24** |
| 25 | **13&O 200 FR** | **26** |

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| Session 4 Sunday Morning |
| Warm-up @ 8:00am | Meet starts @ 9:10am |
| Girls | Boys |
| 27 | **11-12 200 BR** | **28** |
| 29 | **12&U 100 FR** | **30** |
| 31 | **12&U 50 BK** | **32** |
| 33 | **12&U 50 BR** | **34** |
| 35 | **11-12 200 BK** | **36** |
| 37 | **12&U 100 FLY** | **38** |
| 39 | **12&U 200 FR**  | **40** |

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| Session Distance |
| Warm-up @ 1:00 pm | Meet starts @ 1:25pm |
| Girls | Boys |
|  | **MIXED 11&O 1500 FR (Slow to Fast) Limit 3heats** |  |

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| Session 6 Sunday Afternoon |
| Warm-up @ 2:10pm | Meet starts @ 3:20pm |
| Girls | Boys |
| 43 | **13&O 200 IM** | **44** |
| 45 | **13&O 50 FLY** | **46** |
| 47 | **13&O 50 BK** | **48** |
| 49 | **13&O 100 BR** | **50** |
| 51 | **13&O 100 FLY** | **52** |
| 53 | **13&O 200 BK** | **54** |
| 55 | **13&O 100 FR** | **56** |