|  |  |  |
| --- | --- | --- |
|  | **Friday 12-6-19** | **Diving Board Pool** |
| **Lane** | **300-430** | **430-450** |
| 1 | OPEN | PUSH/PACE |
| 2 | OPEN | ONE WAY SPRINT |
| 3 | OPEN | ONE WAY SPRINT |
| 4 | OPEN | OPEN |
| 5 | OPEN | OPEN |
| 6 | OPEN | ONE WAY SPRINT |
| 7 | OPEN | ONE WAY SPRINT |
| 8 | OPEN | PUSH/PACE |
|  |  |  |
| **4 LANE WARM UP / WARM DOWN POOL** |  |  |
| **10 AND UNDERS ONLY** |  |  |
|  |  |  |
|  | **Monday 12-16-19** | **OFFICE END POOL** |
| **Lane** | **300-430** | **430-450** |
| 1 | OPEN | PUSH/PACE |
| 2 | OPEN | ONE WAY SPRINT |
| 3 | OPEN | ONE WAY SPRINT |
| 4 | OPEN | OPEN |
| 5 | OPEN | OPEN |
| 6 | OPEN | ONE WAY SPRINT |
| 7 | OPEN | ONE WAY SPRINT |
| 8 | OPEN | PUSH/PACE |