**Fri Dec 2, Meet. Release 2p, bus 2:15p WU 4, Meet start 4:30p-6-30p, Order Suits,  
NOTES: Relay Exchanges. Indi Start whistle Walk-thru.  
Day 8 Dryland only.**  
**8:00 – 8:15 WU** (**Lane 1-4)** 300S-200K-100P-1oo IM/Drill [600] ~15min  
  
**8:15 – 9:00 Stations;** 15min each. Swap Lane 1 and 6.  
**Station 1: Lane 1-2** Tech - Back Stroke Turns  
- stroke count. Free Flip turns. Backstroke Flipturns.   
  
**Station 2: Lane 3-4** - Fins  
4 x 75 {Med – Hard – Light by 25; 15sR}  
4 x 75 {Light – Med – Hard by 25; 15sR}  
50’s: 25 Fly + 25 Free

**Station 3: Wave Pool** - Pull + scull  
continuous: {

- 100 Free Pull 15sR;

* 100 scull; 20sR
* 50 Free; 5sR
* Pull 50 scull; 10sR }

**9:00 – 9:03 Break.**  
**9:05 – 9:22 Timed Sprints**  
2x50 Sprints Free, 2x Timed 25 Sprints Free

~**9:23p BDS?**