**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 1-6)** 400S-200K-100P-100 IM/Drill [700] ~15min  
  
**Kick Set 1.** 10/9 X 50 {IM Order 2@, last 1-2 Chc; 5sR} ~13min//28min  
 all Fr kick is on back w/board down (knee check) [500/1300]  
  
**Mini 1:** 8 X 25 Swim: IM order: Build each 25; 10sR; [200] ~5min [[s.8:30p]]  
  
**Tech Drill:** Open Turns. 13min. 8:37-8:8:43pm.  
Br-Br, Br- Free, Fly-Fly, Fly-Ba, (Ba-Br suicide flip)  
  
**Main 1:** 2 sets Ladder down, IM/Str [[~15min. 8:44-9:00pm]]  
1) 4 X ( 75’s Fr– Str – Fr; (“Str” = choice but not Free)

As -> 25 Build Fr – 25 Long Str.– 25 Build Fr; 20sR [300]; ~7min  
-- 40sR --  
2) 6 X 50’s IM transition { Fly-Ba, Ba-Br, Br-Fr;   
as 25 Long + Build 2nd 25; 15sR [300] ~6min [[//2200]]

**Back Dives and Relay Dives.** 9:02pm-9:22pm  
Back 10 min. (w / 2+X 50 with Dive)  
Relay 10 min.

**6min. Pull –** Free or Breast [[300 // 2500]]

**BDS?**