**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 (w/Nick)***Day 8 Dryland only.*(**Lane 1-4, Wave Pool 1-2) 8p-9p. (Lane 1-6) 9p-9:30p**
**8:00 – 8:15 WU** 400S-200K-100P-100 IM/Drill [700] ~15min

5minute. Group Tech – 2x50 Free (10s Switch, 5s Switch ) – focus should/arm guides contact with head for smooth streamlined roll.

**Station 1: Lane 1-2** Tech - Br
underwater pull-out
timing. Hands-heels, explode-slam

**Dives and Relay Dives.** 9:10pm-9:25pm
w/ Meet Start walk-thru (and Nick starting practice)
50’s for time. Record (on deck people record your swimmer).

**BDS?**

**Station 2: Lane 3-4** - Distance + Fins

1. 8 minute swim – Count Distance and Record.
2. continuous fin kick – alt Free/Fly by 50

**Station 3: Wave Pool**
[EZ 10-15sR @ 50]
50 Build Free
50 (25 Sprint Free + 25 EZ Free)
50 Sprint
50 100 Scull ;15sR
50 Stroke (medium speed / focus technique)
50 Build – stroke
50 Sprint – Stroke
-- repeat til Station switch --