**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 --