**Fri Dec 2, Meet. Release 2p, bus 2:15p WU 4, Meet start 4:30p-6-30p, Order Suits,**
Hitlist Focus: Dist Free and Br Kick, Relay Dives, Timed Sprint

**WU** ~ f8:15pm [700] 3-2-1-1

**Kick Set 1.** (12min max)
300 Fr Flutter on Ba. (150 kickboard knee check +150 streamline)
100 Chc ~11min//29min ~f8:29pm [400//1100]

**Tech Drill:** Free. Shark fin, (3pattern + roll to back for 3s then switch)
4x 50 Drill/Swim
4 X 50 Br. Duck walk. 3K 1P; 3sGlide into line.

[400//1500] 31-43 ~f8:43pm

-- 4 min Break for bathroom --
**Main 1:** 12 min swim – Free, non-stop 8:48-9:00pm [800 // 2300]

**Mini:** 5X BP 50’s: (3-3, 3-5, 3-7, 3-5, 3-3;) 5Sr; /--30sR--
5 x 50 Free – 25 Long 25 Fast; 5Sr [500 // 2900 ] 9:01 - 9:14pm **6min. Pull –** Free or Breast [200 // 3100] 9:15-9:21pm

**9:10p
Relay Dives
50 Free Sprint. Timed/Record
50 Chc Sprint. Timed/Record**