**2010-02-11 Thurs. ### taper practice 10 ### LAST DAY OF PRACTICE**

WU 3 – 2 – 1 [15min]

K. 12 x 25 {alt 25 UW Dolphin Hard. 25 Chc; 15sR} [9m / 25m] [/t900]

1 @ of Your events.. long and EZ., think form. 1mR(100). 2mR(200) [ 8m / 33m]

Turns. [15 m / 48m]

3 x 50 Hard. dstP. [5m / 56m] [/t1250]

Dives. [10m / 61m]

Relay exchanges. [7m / 68]

50 EZ [2m / 80m] [/t1300]

20m free time.

**District Notes:**

No diving  
no jewelry  
carbo-loading  
bring sports-drinks (not energy drinks like Red Bull)  
scratches need to be official  
never assume DQ  
shaving  
bring something to do.  
be Aware of When your events are and where the meet is.  
  
early release: 11am  
bus leaves: 11:15am  
WU- noon. Plan for 4.5 to 5hrs