**Notes:   
Focus: General, Meet Rules (jewelry, feet first entry).  
SMWU** ~ f8:20pm [900]

**Kick Set** ~12min//26min ~f8:26pm [400//1200]  
8X 50 (odds Fr/evens Chc; build 1st 25, hard 2nd 25); 5sR  
  
**Tech Drill:** [8:27-8:37] [250//1450]  
Flipturns. Open Turns.  
Finishes. 2-handed vs Free/Back  
Stroke Rules.  
Pace work. (ultra short)

**Drill Set 1:** [ // ] ~18min ~8:39p-8:59pm  
 8x 50 Dr/Sw by 25; IM order; 10sR  
 The swim is Build.  
  
**Main 1**  
9X 50 rolling IM’s; 10sR  
Fly/Ba, Ba/Br, Br/Fr  
  
  
**Dives and Sprints** [75 // 3075]  
25’s for Time. Need 10min.

9:27pm **BD Swim** 2min. (Jessica)