

Friday Distance Regionals

Session 1

- Warm up 11:30

- Start 12:30

Session 2

- Warm up 4:30

- Start 5:30

Scratches are due 30 minutes before the session begins

Session 1

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:30 - 12:10	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:10 - 12:25	Starts	Starts	Starts	Starts	Circle	Circle	Pace	Pace

Session 2

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:30 - 5:10	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
5:10 - 5:25	Starts	Starts	Starts	Starts	Circle	Circle	Pace	Pace

Session 1

All Events (1500 and 400 IM), swimmers must supply their own timer

Session 2

CDOG: 2

OAK: 1

GLAS: 1

RAC: 3

WYW: 1

WWRX: 1

ZEUS: 1

RWYC: 1

RST: 1

SSAC: 1

LEHY: 1

MJCC: 1

NSC: 1

RAYS: 1

NCY: 1

