

For warmups we will run as follows:

Friday 5:45-6:25

Lane 1-2 FOX

Lane 3-8 LBA

Sat 8:00-8:55

Lane 1-4 FOX

Lane 5-8 LBA

Sat 1000

Open for 20 min after session 2

Sun 12:30-1:25

Lane 1-4 FOX

Lane 4-8 LBA

Sun 500

Open for 20 min after session 4