

The plan for the Distance Dual Meet will be to begin warm-ups at 1:15 pm. Session 1 will start at 1:45 pm and run until 4:00 pm. Session 2 will have warm-ups at 4:00 pm and begin at 4:30 pm. The last session will end about 7:15 pm. All warm-ups will be Open, and swimmers will need to provide their own timer and counter.