



# SWIMPOSIUM 2.0

11-12 Swimmers Track



## Saturday

8:00-8:45	Registration
8:45-9:00	Welcome & Introductions
9:15-10:30	Being a Good Teammate
10:45-12:00	In Water with National Team Athlete Shaine Casas
12:15-1:15	Lunch with Shaine Casas
1:30-2:45	What the Best Swimmers Do
3:00-4:30	DEI/Safesport
4:30-6:30	Dinner on Your Own
6:30	Social Outing



## Sunday

8:00-9:00	Warm-Up
9:00-12:00	Pentathlon Dual Meet

**\*\*Itineraries are subject to minor changes!\*\***