



2021 Long Course Kickoff 13 & O

April 23.24.25 2021

@ Chuck Fruit Aquatic Center

Friday PM (Open Warmup: 3:30-4:14 pm)

Session 1 (400 Frees) (5:15 pm Meet Start)

(4:15-4:40 pm)

1	2	3	4	5	6	7	8
PKWY	PKWY	PKWY	RSCA	RSCA	RSCA	RSCA	METS/HHST /SCCY

(4:40-5:10 pm)

1	2	3	4	5	6	7	8
CSP	CSP	CSP	CSP	CSP	CSP	FAST	FAST

Session 2 (400 IMs) (Not before 7:10 pm Meet Start)

(Not Before 6:30 pm)

1	2	3	4	5	6	7	8
CSP	CSP	PKWY /SPA	PKWY	FAST	RSCA	RSCA	METS

Saturday/Sunday AM (13-14) (8:30 am Meet Start)

(7:30-7:55 am)

1	2	3	4	5	6	7	8
SPA/ PKWY	PKWY	PKWY	PKWY	RSCA	RSCA	RSCA	RSCA

(7:55-8:20 am)

1	2	3	4	5	6	7	8
METS/ SCCY/ HHST	CSP	CSP	CSP	CSP	CSP	FAST	FAST

Saturday/Sunday PM (15&O) (Not before 1:30 pm Meet Start)

(Not before 12:30-12:55 pm)

1	2	3	4	5	6	7	8
MKU	RSCA	RSCA	RSCA	SPA	FAST	FAST	FAST

(Not before 12:55-1:20 pm)

1	2	3	4	5	6	7	8
METS/ HHST	PKWY	PKWY	CSP	CSP	CSP	CSP	CSP