



2022 Long Course Kickoff

April 22.23.24 2022

@ Chuck Fruit Aquatic Center

Friday PM (5:00 pm Meet Start)

(4:00:-4:25 pm)

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

(4:25-4:50 pm)

1	2	3	4	5	6	7	8
CSP	CSP	CSP	CSP	FAST UCSC	SEA	PAWW HHST SEA	METS HEAT MCK TRI

Saturday/Sunday AM (13&O) (7:30 am Meet Start)

(6:30-6:55 am)

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

(6:55-7:25 am)

1	2	3	4	5	6	7	8
CSP	CSP	CSP	CSP	FAST UCSC	SEA	PAWW HHST SEA	METS HEAT MCK TRI LOVE

Saturday/Sunday PM (12&U) (Not before 2:00 pm Meet Start)

(Not before 1:00-1:25 pm)

1	2	3	4	5	6	7	8
RSCA	RSCA	RSCA	RPLX UCSC	RPLX	PKWY	PKWY	PKWY

(Not before 1:25-1:50 pm)

1	2	3	4	5	6	7	8
CSP	CSP	CSP	SEA	SEA SPA	FAST HEAT	METS TRI LOV2	PAWW SST LIFE HHST

Saturday Evening (12&U 400 Frees) (Not before 6:00 pm Start)

Open warmups immediately following the conclusion of Saturday PM Session