



Winters Time Trial

- Gold and Silver 8:00-9:15
- Gold and Silver will swim a 50 of each stroke.
- Gold and Silver will have 5 lanes (5 swimmers each lane and 6 swimmers one lane)
- Bronze 9:15-10:15
- Bronze will swim a 25 of each stroke (may sit if they can't do stroke)
- Bronze will use 7 lanes (4 swimmers in each lane)
- Red 10:15-11:00
- Red will swim a 25 of Back and Free
- Red will use 7 lanes (6 swimmers each lane and 7 swimmers in one lane)
- Each swimmer will be assigned a lane
- Each lane will have a timing sheet with swimmers name and stroke
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