

Warm-up Assignments

AM Session (1)	
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[illegible]

10-Minute In-water Break	
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Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	DFAC (pacing)	DFAC (pacing)	Open	Open	Open	Open	Open	YDC (pacing)

PM Session (2)

[illegible]