

Remember to pack plenty of fluids and snacks

WARM UPS

13 - 14

6:15 AM

Sena Williams (9)

7 Women 10 & Under 50 Breast 50.85L Thur

11 - 12

10:15 AM

41 Women 10 & Under 100 Breast 1:46.25L Fri

James Chen (13)

10 & Under

2:15 PM

22 Men 13-14 100 Fly 1:07.81L Thur

50 Men 13-14 100 Back 1:10.66L Fri

54 Men 13-14 50 Free 28.40L Fri

80 Men 13-14 200 Back 2:32.70L Sun

Have FUN and swir

Jason Chen (10)

14 Men 10 & Under 100 Free 1:20.14L Thur

20 Men 10 & Under 50 Fly 38.90L Thur

42 Men 10 & Under 100 Breast 1:49.22L Fri

56 Men 10 & Under 200 Free 2:57.13L Fri

78 Men 10 & Under 100 Back 1:35.47L Sun

90 Men 10 & Under 100 Fly 1:32.11L Sun

Darius Theodore (12)

24 Men 11-12 50 Fly 35.59L Thur

88 Men 11-12 50 Free 31.56L Sun

Niko Zhang (14)

10 Men 13-14 100 Breast 1:20.23L Thur

50 Men 13-14 100 Back 1:10.65L Fri

54 Men 13-14 50 Free 27.59L Fri

80 Men 13-14 200 Back 2:35.70L Sun

86 Men 13-14 100 Free 1:02.21L Sun

n FAST!!