

# 2021 SECTIONAL UPDATE

Meet Announcement and OME anticipated soon.  
Once available it will be posted on the EZ Site and emailed to GCs for LSC dissemination.

Meet A – Friday Saturday Sunday March 26, 27, 28

(Note: 500fr, 50fr, 200IM session will be run in two courses)

	Day 1		Day 2		Day 3
	2 session day		3 session day		3 session day
#1	500fr	#1	100fly		#1 200fly
	50fr		4IM		100fr
	200IM		200BK		200Br
	clean break & VT Practice		100BR		100bk
#2	1650		200fr		1,000
			clean break		clean break
		#2	100fly		#2 200fly
			4IM		100fr
			200BK		200Br
			100BR		100bk
			200fr		1,000
			clean break		clean break
		#3	100fly		#3 200fly
			4IM		100fr
			200BK		200Br
			100BR		100bk
			200fr		1,000

Meet B (if needed) – Tuesday Wednesday Thursday March 23, 24, 25

	Day 1		Day 2		Day 3
	3 session day		2 session day		3 session day
#1	100fly	#1	500fr		#1 200fly
	4IM		50fr		100fr
	200BK		200IM		200Br
	100BR	clean break & VT Practice			100BK
	200fr	#2	1650		1,000
	clean break				clean break
#2	100fly				#2 200fly
	4IM				100fr
	200BK				200Br
	100BR				100BK
	200fr				1,000
	clean break				clean break
#3	100fly				#3 200fly
	4IM				100fr
	200BK				200Br
	100BR				100BK
	200fr				1,000