

2021 Rolling Hills Warm-ups
 49TH ANNUAL Rolling Hills Invitational
 June 18, 19, 2021

Friday AM Warm-up

	1	2	3	4	5	6
7:15	RH	RH	RH	RH	RH	RH
7:40	NLH	NLH	NLH	LH	LH	LH
8:05	LIFE	LIFE	LIFE	LIFE	LAN	WETH/CM

Clear Pool 8:30 AM
 Finish 12:00 PM

Meet start 8:40 AM

Friday PM Warm-up

	1	2	3	4	5	6
12:45	RH	RH	RH	RH	RH	RH
1:05	LH	LH	LH	LH	CM	CM
1:25	LAN	WETH	NLH	NLH	LIFE	LIFE

Clear pool 1:45:00 PM
 Finish 4:30 PM

Meet start 1:55 PM

Saturday AM

Suggested -- could be modified

This can be adjusted after swimming prelim

	1	2	3	4	5	6
8:00	RH	RH	RH	RH	RH	RH
8:20	NLH	NLH	NLH	NLH	WETH/CM	LAN
8:40	LH	LH	LH	LIFE	LIFE	LIFE

Clear pool 9:00 AM
 Finish 11:30 AM

Meet start 9:10 AM

Thank you for coming

We hope you will put us on the calendar next year

It will be our 50th year.