

**PLEASE JOIN US  
at the  
SPRINT INVITATIONAL  
ON JULY 10  
All swimmers,  
both USS and non-USS  
are invited!**

**AM WARMUPS**

LANES	SATURDAY	SATURDAY
	0830-0905	0905-0940
1	PNY	GPAC
2	PNY	GPAC
3	PNY/HBTS	TNT
4	BWB	SAST
5	BWB	SAST
6	BWB	OSY