

2025 Diplomat Invite

9:00am - Warm ups Open

- All Lanes Open

10:30am-10:50am Starts/Pace

- Deep End
 - Lanes 1-2 Pace
 - Lanes 3-8 Starts
- Shallow end
 - Open Warm up

11:00am - Meet Starts

- Shallow end
 - Open for warm-up/cool down

