

June 2026 - Pottery of the Pueblos

3,200 yards - Friday, June 5

Acoma Seed Pot

Warmup - Sky City - 400 yards

- 100 free
- 4 x 50 fly
- 100 free

5 x 400 = 2,000 yards Select interval by lane.

- 50, 100, 200, 50 free
- 50, 100, 200, 50 choice
- 50, 100, 200, 50 free
- 50, 100, 200, 50 choice
- 50, 100, 200, 50 free

Fire the pots! - 500 yards

- 10 x 50 timed free on 1 minute
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Cool Down - 300 yards

- 300 swim choice