

June 2026 - Pottery of the Pueblos
3,000 yards - Thursday, June 18

San Ildefonso Jar with Feathers
Po-woh-ge-oweenge “Where The Water Cuts Through”

Warmup - 300 yards

- 100 swim free
- 50 one-arm fly
- 100 swim free
- 50 one-arm fly

3 x 550 = 1,650 yards Select interval by lane.

- 50, 200, 150, 100, 50 free
- 50, 200, 150, 100, 50 IM (Design by lane)
- 50, 200, 150, 100, 50 free

Feather Flights!- 500 yards

- 10 x 50 on 1 minute
- Odd Free, Even Fly or one-arm Fly

Feather Relays - Cut The Water!

- 50 yard legs - Free down, Fly back

Cool Down - 300 yards

- 300 swim choice