

June 2026 - Pottery of the Pueblos

3,200 yards - Friday, June 12

Santo Domingo (Kewa) Chili Bowl

Warmup - 400 yards

- 100 swim
- 100 pull - 30 degree extension
- 100 swim
- 100 pull - 30 degree extension

4 x 500 = 2,000 yards Select interval by lane.

- 50, 100, 150, 200 free
- 50, 100, 150, 200 choice
- 50, 100, 150, 200 free
- 50, 100, 150, 200 choice

Hot Chilis!! - 500 yards

- 10 x 50 timed free on 1 minute
- Odd Stroke, Even Free

Cool Down - 300 yards

Give thanks for harvest, rain and life

- 300 swim choice