

July 2026 - Some Like It Hot

The Rio Grande Rift - Volcanic Period in Santa Fe 3,600 yards - Friday, July 24

Zuni - Bandera Volcanic Field in Chaos!!!

Chaos Set #1 - 1,100 yards - 15 seconds rest

- 125 free, 75 free, 4 x 50 stroke, 200 free, 5 x100 IM

Chaos Set #2 - 1,600 yards - 10 seconds rest

- 200 free, 5 x 25 fly
- 3 x 100 free, 3 x 50 back
- 4 x 150 free, 3 x 75 breast

Chaos Set #3 - 900 yards - 13 seconds rest

- 100 IM, 50 IM, 200 IM, 150 IM
- 50 fly
- 100 back
- 150 breast
- 100 free

Cool Your Hot Pots

- Whatever