

USMS ANNUAL MEETING WORKOUT

Schedule

Saturday, September 9

5:20am Bus loading - Ballroom main entrance

5:30am Bus departs for CISD Natatorium

6:05am Arrival at CISD Natatorium

6:15am Workout begins

7:15am Workout ends

7:35am Bus departs back to Marriott Hotel

Today's Goals

- Make a new friend
- Learn something new
- Push yourself out of your comfort zone
- HAVE FUN

Notes

- There is a remote chance we might be a few minutes late to the "In Memoriam" presentation. If it is important to you to be 100% on time for this, please take that into account
- Our goal is to be back at the hotel by 8:15am
- There are showers and changing rooms at the CISD Natatorium - please try to rinse off quickly so we can get back to the hotel
- Bring a towel from the hotel

Sign-up Link:

<https://forms.office.com/r/Ly91k4QHAa>



**U.S. MASTERS
SWIMMING**

Transportation provided by the GULF LMSC



Pool facility and coaches provided by the
Woodlands Masters Swim Team



MASTERS SWIM TEAM

Questions can be addressed to Alana Wilson, WMST President
alananicolewilson@gmail.com