1139-57-79 **Dale Koenig*** (dale.koenig@oist.jp). Finding 3-manifolds in trisections of 4-manifolds. A trisection of a 4-manifold has a spine, a singular 3 dimensional subset that contains all the information needed to reconstruct the trisection. We define what it means for an embedded 3-manifold to lie almost entirely in the spine of a trisection of a 4-manifold. 3-manifolds with such embeddings can often be found directly from trisection diagrams. We will present several examples of such embeddings and how we can find them in diagrams. We will then outline the proof that every orientable closed 3-manifold M embeds almost in the spine of standard minimal genus trisections of $\#^n S^2 \tilde{\times} S^2$ for large enough n. (Received January 29, 2018)