Age Group 6.8

WU: Fins

2x 250 (50 back/150 free/50 kick)

3x 100 25 UWFLK/75 free

2x 150 50 back/50 free/50 kick

3x 50 desc. 1-3

M: (10-15 Seconds rest)

1x 400 build

1x 50 fast

1x 100 easy

1x 300

1x 75 fast

1x 75 easy

1x 200

2x 50 fast

1x 50 easy

1x 100

2x 25 fast

1x 100 easy