Masters 6.10

WU: Fins (800 yards)

 2x       (7:30/15)

     1x 100 fr 1:30/40

     4x 75 str/fr/str. x 25 Desc. 1-4 1:30

M: (1600 yards)

2x          (17/34)

     1x 300 Neg. Split 4:00/4:20

     4x 25 FS Kick with board :45

     1x 50 So 2:00

     1x 200 Neg. Split 3:20/3:30

     1x 100 FS K with board 2:00

     1x 50 SO 2:00