**Happy 4th of July! (1776)** MCj03986870000[1]



***What did King George think of the American colonists? He thought they were revolting!***

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| **1,000** | **1,000 EZ** | **500 Free**  **500 Choice** | **Lazy Morning** | **MCj03329800000[1]** |
| **700** | **700** | **Fin Kick (2x):**  **100 free – b**  **100 fly – on back**  **100 br pull or bk kick**  **50 UW 30m – EZ in** | **Appetizers**  **Careful not to over eat!** | **MCj02343800000[1]** |
| **70** | **70x50**  **10x7x50**  **55/1:00/105**  **Fins opt**  **Change str by rnd** | 1. **Free – brth 5th** 2. **Stroke mdo/smooth** 3. **Free – brth 3rd** 4. **Stroke – 200 pace** 5. **EZ – choice** 6. **Stroke – 100 pace (2/3)** 7. **UW 20m – EZ in** | **The BBQ**  **Vegetables – free**  **Meat – Stroke** |  |
| **6** | **Laps** | **EZ – stretch out** | **Nap** | MP900408908[1] |
| **Fireworks! = 100 pull-outs: 20 both/5 right/20 both/5 left (x2)** | | | | |

