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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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)** |

