Senior 11/15/2018

200 SKIDS on 4:00			1000 / 20:00
4 X	{25 on 1:00	Body Position Free Kick	1100 / 26:00
	{25 on 1:00	Free Drill	1200 / 30:00
		Alternate Doggie Paddle & Belly Button Switch	
16 X 75 on 1:15		Free Swim	2700 / 52:00
		16 X 75 on 1:15 45 Caleb / 47 Ethan, Jakob / 48 Jay 50 Cailey, Jayda / 52 Ryss, Javin, Addi 53 Stella / 54 Brynn, Brooke, Max, Hannah 55 Abbey / 56 Alli, Lukas, Kylie 57 Kenz, Keatyn / 58 Dani / 59 Paige 61 Emma / 65 Elizabeth	
6 X 100 on 5:00		Choice Swim	3300 / 84:00
		50 Swim (:20 Rest) 25 Swim (:10 Rest) 25 Swim	
4 X	{25 on 1:00	Body Position Back Kick	3400 / 85:00
	{25 on 1:00	Back Drill	3500 / 89:00
		Alternate Double Tap & Triple Scoop	
32 X 25 on :40		Back Swim	4300 / 112:20
		32 X 25 on :40 14 Ethan, Jakob / 15 Caleb 16 Jay, Jayda, Cailey, Stella 17 Abbey, Dani, Brooke, Keatyn, Max, Javin 18 Addi, Alli, Brynn, Paige, Kenz, Kylie, Hannah, Lukas 19 Ryss / 20 Elizabeth, Emma	
200 on 5:00		Choice	4500 / 119:20