

600 Choice

6 x 100

(o) Head Up 1st 25

(e) H.U last 25

8 x 75

Underwater-fly-free

12 x 50 kick

#1-6 Back, #7-12 choice

-first 3 streamline kick passed flags

-last 3 streamline kick to halfway

10 x 200 (150)Free

4 @ 2:50/2:55/3:10

3 @ 2:40/2:45/3:00

2 @ 2:30/2:35/2:50

1 @ 2:20/2:25/2:40