

Wednesday, October 12, 2022

300 swim – 200 kick – 300 pull

4 x 50 25 scull / 25 build 10" rest

| | Gold | Silver | Bronze | Iron |
|----------------------------------|----------------|----------------|----------------|-----------------|
| Swim or pull – sets of 4: | 16 x 75 | 12 x 75 | 12 x 75 | 8 x 75 |
| 1: All smooth | | | | |
| 2: Last 25 fast | @ 1:05 | @ 1:15 | @ 1:20 | 15" rest |
| 3: Last 50 fast | | | | |
| 4: All fast | | | | |
| <i>Total yards</i> | <i>2200</i> | <i>1900</i> | <i>1900</i> | <i>1600</i> |

50 easy

| | Gold | Silver | Bronze | Iron |
|-------------------------|-------------|-------------|-------------|-------------|
| Kick | | | | |
| Mod /fast by 25s | 200 | 200 | 200 | 100 |
| <i>Total yards</i> | <i>2450</i> | <i>2150</i> | <i>2150</i> | <i>1750</i> |

| | Gold | Silver | Bronze | Iron |
|----------------------------|-----------------|-----------------|-----------------|-----------------|
| Stroke - sets of 4: | 12 x 75 | 8 x 75 | 4 x 75 | 4 x 75 |
| 1: All free | | | | |
| 2: Last 25 non-free | @ 1:10 / | @ 1:25 / | @ 1:30 / | 15" rest |
| 3: Last 50 non-free | 10" rest | 10" rest | 10" rest | |
| 4: All non-free | | | | |

100 easy

| | | | | |
|--------------------|-------------|-------------|-------------|-------------|
| <i>Total yards</i> | <i>3450</i> | <i>2850</i> | <i>2550</i> | <i>2150</i> |
|--------------------|-------------|-------------|-------------|-------------|