

Saturday, April 13, 2024

300 swim – 200 kick – 300 pull

8 x 25	1 / 2: Whip kick only (no pull)	10" rest
	3 / 4: Breast pull w/ dolphin kick	
	5 / 6: 1 pull / 2 whip kicks	
	7 / 8: Breaststroke full stroke	

<i>Breaststroke</i>	Gold	Silver	Bronze	Iron
25 kick – 25 drill – 25 swim	2 x 75	2 x 75	2 x 75	2 x 75
	15" rest			

	Gold	Silver	Bronze	Iron
Swim	4 x 200	4 x 200	3 x 200	3 x 150
Smooth / Fast	125 / 75	125 / 75	125 / 75	100 / 50
	Third person rest / 10"			
Total yards	1950	1950	1750	1600

50 easy

<i>kick</i>	Gold	Silver	Bronze	Iron
Mod / fast by 25s	300	300	200	200

	Gold	Silver	Bronze	Iron
Pull	4 x 200	3 x 200	3 x 200	3 x 150
Smooth / Fast	125 / 75	125 / 75	125 / 75	100 / 50
	Third person rest / 10"			
Total yards	3100	2900	2600	2300

50 easy

Total yards	3150	2950	2650	2350
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Upcoming:

Upcoming: COMSA State Meet
April 26 - 28, 2024 @ CMU / Grand Junction

www.locoswimming.org

Entry deadline: April 21