Saturday, April 13, 2024

300 swim – 200 kick – 300 pull

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

Breaststroke	**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

kick	**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***

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

www.locoswimming.org

Entry deadline: April 21