

Wednesday, January 21, 2026

300 swim – 200 kick – 300 pull

4 x 50 25 Fist or OK / 25 build 10" rest

| | Gold | Silver | Bronze | Iron |
|---|------------|------------|------------|------------|
| Repeat the series <input type="checkbox"/> | 3x | 3x | 3x | 2x |
| DPS | 50 @ :45 | 50 @ :50 | 50 @ :55 | 50 @ 1:00 |
| Build | 100 @ 1:20 | 100 @ 1:30 | 100 @ 1:40 | 100 @ 2:00 |
| Fast – get your time | 50 @ :55 | 50 @ 1:00 | 50 @ 1:10 | 50 @ 1:20 |
| Total yards | 1600 | 1600 | 1600 | 1400 |

| . | Gold | Silver | Bronze | Iron |
|--|-----------------|-----------------|-----------------|------------------|
| Keep within 5 sec of fast 50s above | 6 x 50 @ :40 | 6 x 50 @ :45 | 5 x 50 @ :50 | 4 x 50 @ 1:00 |
| Total yards | 1900 | 1900 | 1850 | 1600 |

100 easy

| Kick | Gold | Silver | Bronze | Iron |
|-------------------------------------|------------------|------------------|------------------|------------------|
| 25 mod/25 fast | 300 | 300 | 250 | 200 |
| 50 Kick – 50 drill – 50 swim | 600 (4 x 150) | 450 (3 x 150) | 450 (3 x 150) | 300 (2 x 150) |
| Total yards | 2900 | 2750 | 2650 | 2200 |

100 easy

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|--------------------|------|------|------|------|
| Total yards | 3000 | 2850 | 2750 | 2300 |
|--------------------|------|------|------|------|

Upcoming in 2026 – See comsa.org

| | | |
|-------------|---------------------|-----------------------------|
| January 31 | Sweetheart Meet | Loveland - Enter by Jan 26! |
| February 21 | HoF Meet | Broomfield |
| March 7-8 | Pikes Peak Meet | Co Springs |
| March 27-29 | COMSA Championships | Arvada |