

	Alt	Dist		Subt Alt
Pre-Set				
	4	100	K / D / K / S by 25 IMO.	
	5	100	Odd: Choice. Even: Free	
				900
Main Set				
	3		Rounds	
	1	50	Fly swim. +15	
	1	50	Fly kick	
			R1. Back. R2 Breast. R3. Free	
	2	100	(RoundX swim). +15	
	1	100	(RoundX kick)	
	1	100	Free. build	
	1	50	EZ	
				1650
	3	200	Pull BP 3-5-7-5 by 50	
	5	50	Kick	
				850
Total				3400