

A

Warm Up (300)
 200 *choice*
 100 *kick*
 Free Set (1000)
 3 # 50 *free*
 4 # * 1 # 100 *free*

IM Set (500)
 4 # 125 *IM*

J	#1	#2	#3	#4	N
K	50 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	0
K	25 <i>back</i>	50 <i>back</i>	25 <i>back</i>	25 <i>back</i>	0
K	25 <i>breast</i>	25 <i>breast</i>	50 <i>breast</i>	25 <i>breast</i>	0
K	25 <i>free</i>	25 <i>free</i>	25 <i>free</i>	50 <i>free</i>	0
I					P

Cool Down (200)
 200 *Choice*
 Total Distance 2000 yards

B

Warm Up (300)
 200 *choice*
 100 *kick*
 Free Set (600)
 1 # 50 *free*
 4 # * 1 # 100 *free*

IM Set (400)
 4 # 100 *IM*

J	#1	#2	#3	#4	N
K	25 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	25 <i>fly</i>	0
K	25 <i>back</i>	25 <i>back</i>	25 <i>back</i>	25 <i>back</i>	0
K	25 <i>breast</i>	25 <i>breast</i>	25 <i>breast</i>	25 <i>breast</i>	0
K	25 <i>free</i>	25 <i>free</i>	25 <i>free</i>	25 <i>free</i>	0
I					P

Cool Down (200)
 200 *Choice*
 Total Distance 1500 yards

C

Warm Up (200)
 100 *choice*
 100 *kick*
 Free Set (450)
 1 # 50 *free*
 3 # * 1 # 100 *free*

IM Set (200)
 2 # 100 *IM*

J	#1	#2	N
K	25 <i>fly</i>	25 <i>fly</i>	0
K	25 <i>back</i>	25 <i>back</i>	0
K	25 <i>breast</i>	25 <i>breast</i>	0
K	25 <i>free</i>	25 <i>free</i>	0
I			P

Cool Down (200)
 200 *Choice*
 Total Distance 1050 yards