

JUNIORS -3/11/2025

<u>400</u>	400m	FS with Fins (ONLY if necessary)
<u>600</u>	200m	BRS
<u>700</u>	4 x 25m	FLY (with FINS)
<u>800</u>	100m	Dolphin Kick on Front (Torpedo) with FINS
<u>900</u>	100m	CHOICE KICK (FINS OPTIONAL)
	10 off	FS TURNS (from 12.5m position to Wall & return)
<u>1150</u>	10 off	BRS TURNS (from 12.5m position to Wall & return)

DIVE START-WALKBACKS

<u>1250</u>	4 x 25m	FS SPRINTS
<u>1350</u>	4 x 25m	BRS SPRINTS
<u>1450</u>	4 x 25m	BK SPRINTS
<u>1500</u>	2 x 25M	FLY SPRINTS

SENIORS

<u>500</u>	500m	FS (No Fins)
<u>800</u>	3 x 100m	SPLIT MEDLEY (No Fins) (order FLY, BK, BRS & FS) 1 minute rest
<u>1000</u>	200m	BK
<u>1100</u>	100m	Dolphin Kick on front (with FINS)
<u>1200</u>	100m	CHOICE KICK NO FINS with Board or Torpedo

TURNS from 12.5m POSITION IN POOL

	5 off	Medley Turns ie FLY-BK; BK-BRS; BRS-FS (TOTAL 15 TURNS)
<u>1350</u>	5 off	BK TURNS

DIVE START WALKBACKS

<u>1550</u>	4 x 50m	FLY SPRINTS
<u>1750</u>	4 x 50m	BK SPRINTS
<u>1950</u>	4 x 50m	BRS SPRINTS
<u>2150</u>	4 x 50m	FS SPRINTS
<u>2350</u>	200m	CHOICE SWIM DOWN