**Fri Dec 9,** Meet. Arrive 6p, WU 6:30p, 7p start. Order Suits**,**   
Hitlist Focus: Front Loop(fly/Br)

**WU** 5-2-1-1~ f8:15pm [900]

**Kick Set 1.** ;5sR ~12min//29min ~f8:29pm [350//1250]  
360 Qtr roll – 50 10s switch Free  
 50 10s switch Fly  
 50 5s Sw Free  
 50 5s Sw Fly  
50 Br – 3K 1P, 50 Br on Bk streamline  
3x 50 Chc.   
  
**Tech Drill:** Fly – Front loop, Perp drill. 2s Hold/soft touch. Lead top wrist.  
6 X 50 Dr/Sw.

[300//1600] 31-43 ~f8:43pm

**Main 2:** 18min. 8:45-9:03pm [800 // 2400]  
Pull Set – 5X200 Free (Pull to Reg reversal.); 25sR  
200 Pull  
150 Pull+50Sw  
100 Pull + 100Sw  
50 Pull + 150Sw  
200Sw

**Mini:** 5X BP 50’s: (3-3, 3-5, 3-7, 3-5, 3-3;) 5Sr; /--30sR--  
5 x 50 Free – 25 Long 25 Fast; 5Sr [500 // 2900 ] 9:01 - 9:14pm **6min. Pull –** Free or Breast [200 // 3100] 9:15-9:21pm  
**Dives and Sprints** [75 // 3075]  
25’s for Time. Need 10min.  
(Katy, Colsen, Kaia, Michael) **Sit-down Relay?**