**Focus:** Flipturns, Ba and Fr. ~14min stations

**WU** 4-1-1-1 ~ f8:16pm [700] (Wave Pool 6-2-2-2)  
 **Station 1: Lane 1-2: Tech**Flipturns. Back flipturns. Streamline/dolphin/ 1st breath. Finishes.

**Station 2: Lane 3-4**500 Free (strong. fast flipturns, strong streamline pushoffs) ; 40sR  
200 Free pull (fast) ; 20sR  
100 Free (fast) ;  
social kick if finish early.

**Station 3: Wave Pool**sculling. Pulling. Open turns (no back)  
300 Breast Pull.  
50 Br K. no brd (3k-1P on front, or on back)  
300 scull (high wipers for breastrokers. Others chc.)  
50 K Chc no brd  
200 scull chc.  
50 K Chc no brd  
100 scull Chc no brd

9pm  
  
Relay Dives.  
Sprints – Timed 50’s