Hitlist; flipturns,;

**WU** 3-2-2-1 ~ f8:15pm [800]  
**K:** 12x50 {odds Fly/ evens Chc; 10sR} ~14min. [600// 1400] ~f8:30p

**Main 1:** [1050 // 2450] ~19min ~8:31p-8:50pm  
200 Str\* (not free, 1 stroke for whole 200) ); 35sR  
 \*(if Fly, may break every Other 25 as 3-3-3 if needed OR 4x50 10Sr)  
200 IM; 35sR  
200 Free Pull; 30sR  
100 Str (not free); 25sR  
100 IM; 25sR  
100 Free Pull; 20sR  
50 Str; 15sR  
50 IM (change every ½ of 25); 10sR  
50 Free Pull

**Tech – flipturns (10min) ~f9:01p  
Main 2)**  Free [800 //3250 13 min] ~9:03p-917p  
16 X 50 Free; Focus - Fast turns w/ streamline hard push-offs  
1-4) Medium speed/Perfect, no breath til 4th stroke off push-off and turn; 15sR,   
5-8) Med-Fast/ no breath til 3rd stroke off push-off and turn; 10sR,   
9-16) Fast/ no breath til 2nd stroke off push-off and turn; 5sR  
  
{BP 50’s here if time}  
**Dives** (Sprints or Relays…) ~ 9:20p