**Focus: IM. Bungee. Pull. Responsibility.   
WU** 5s-1k-1p-1im ~ f4:15pm [800] (most didn’t start til 4:15pm.)

**Kick Set** ~12min//26min ~f4:26pm [300//1200]  
300K straight Fr, 300K Straight Chc.

**Main 1:** [1000 // 2400] ~20min ~4:41p-5:03pm  
200 IM Broken, @50, 10sR  
200 IM Straight, 25-30sR  
100 IM Broken, @25, 5sR, 15sR  
100 IM Straight; 30sR  
100 Straight Fly / Back by 50; 20sR  
100 IM; 30sR  
100 Straight Br /Free by 50; 30sR  
100 IM

Pictionary with Milwaukie ~10min.

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(didn’t’ get to)  
**Main 2.** Long Pull. ~15min. [700 // 3100]  
200 Free Pull.  
50 K Chc  
200 Br Pull.  
50 K Chc  
200 scull Chc

**Dives and Sprints** [75 // 3075]  
  
  
5:18pm **BD Swim** 2min. (Jessica) and Play