**Focus: Br. (Bungee)  
WU** 5s-1k-1p-1im ~ f8:15pm [800]

**Kick Set** ~12min//26min ~f8:26pm [400//1200]  
2X50 Side Flutter by 10s.  
3x50 Side Fly by 10s  
4x50 Br. No brd

**Tech Drill:** Br [8:27-8:37] [250//1450]  
5x50

**Main 1:** [1000 // 2550] ~18min ~8:39p-8:59pm  
4X (alt Fr / Str per set)   
{ 100S, 50K, 100P}

* Bungee’d people during this set.

**Dives and Sprints** [75 // 3075]  
25’s for Time. Need 10min.

---- didn’t get to ----  
**Main 2.** ~9min. [300 // 2850] ~f9:10pm  
scull – 9min.

Main 3 – BP  
BP 3-5-7-5-3 by 50 [250 // 3100]

9:27pm **BD Swim** 2min. (Jessica)