**District event Focus Day
WU** 6s-1k-2p-1im ~ f8:15pm [1000]

**K:** 6 X 50K {25 Hard tombstone + 25 Hard regular;
alt Fr/Chc by 50} 5sR [300/1100] ~6+1; F8:23pm
 **Main 1) Group Str and Short Dist** [900 // ~33-36min]
3 X {
 6 X 50 non-Free – Hole in the Middle; 10sR @50; 30sR before free
 6 X 50 Free – Hole in the Middle }
- 30sR between sets -
set 1) Drill 25 + Build 25
set 2) Hole in the Middle
set 3) build 25 + sprint 25

**Main 1) Group: Long Dist.**3 X 500 Free { ;1mR@ 1st)hole in the middle (Hard turns and pushoffs) 2nd) hand positions and vertical forearms 3rd) Desc 1-5 by 100s, by effort} ~24min [1500]

**Main 2) all**9X50 { 3x (3-5, 5-5, 5-7); 5sR } [9min]

**Main 3)** all [700 // ] ~16min
300 scull
400K no board (Freestylers - on back flutter; Stroke Group all Str)

**Dive Sprints if time**