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

**K:** Fast-med-slow 6min +1 [300 //1300]//~22m

**Dr/Tech**
(streamlines) non-stream to stream for distance) ~5min //28m

 **Main 1) Group Str and Short Dist** [600 //1950 t~41min]
6 X 100 { ((3 Str + 3 IM))
75+25: 25 Dr + 50 build; 5sR + 25 hard); 15-20sR;
100 IM; 15sR
} ~13min
**Main 1)** Free/Dist.
 8 X 100 (@ PR 100 +10s pace); 15sR; 15min //2150
**Main 1)** Free Sprint (do Main 2, 2x (1st time as Pull))

**Main 2)**9 X 50 FR {
1-3 @:45 3 ~PR +20
4-9 @:40 5 ~PR +15
10 - Recover 50+~20sR
} ~10min [450 // s2400 d2600] //~52min

**Main 2) all BP, Build**9X50 { 3x (3-5, 5-5, 5-7); 5sR } [450// s3050 t~62min]

**Main 3)** all [700 // s3750] ~16min // t~78min
300 scull
400K no board (Freestylers - on back flutter; Stroke Group all Str)

**Dive Sprints if time** /~12min // t~90min