

CHECK

20	OFF	10		
FR	IM	FL	FR	IM
50	400	50	100	200
BA	BR	FREE WARM UP	FL	FR
200	50		100	1000
FR	FL	BA	BR	IM
1650	200	100	200	100
FR	FR	BA	FR	OPEN WATER SWIM
100	500	50	200	

CHALLENGE
 STRAIGHT ACROSS, UP AND DOWN
 AND DIAGONALLY WINS!
 HOSTED BY FEDERAL WAY KINDS