

# Polyomino

Christoph Bartneck

Swimming the first four terms of the Polyomino sequence.

→Date:23 September 2024  
→Pool Size:25  
→Units:meters  
→Length:3200 meters / 128 Laps

Warm up		
200	Any Easy	1
Monomino		
100	FR 00:15	2
Domino		
200	FR 00:15	3
Tromino		
300	FR 00:15	4
300 as	200 FR	5
	100 BK	6
Tetromino		
400 as	200 FR	7
	100 FR	8
	100 FR	9
400 as	100 FR	10
	200 FR	11
	100 FR	12
400 as	100 FR	13
	200 FR	14
	100 BK	15
400 as	200 FR	16
	200 FR	17
400	FR	18
Warm down		
100	Any Easy	19