

## WarmUp

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<b>400</b> Any Easy	1
<b>1</b> laps BK 00:15 <i>regular</i>	2
<b>2</b> laps BR 00:15 <i>slanted</i>	3
<b>3</b> laps FR 00:15 <i>impossible</i>	4
<b>4</b> laps BK 00:15 <i>regular</i>	5
<b>5</b> laps BR 00:15 <i>slanted</i>	6
<b>6</b> laps FR 00:15 <i>impossible</i>	7
<b>7</b> laps FR 00:15 <i>impossible</i>	8
<b>8</b> laps BR 00:15 <i>slanted</i>	9
<b>9</b> laps BK 00:15 <i>regular</i>	10
<b>10</b> laps BR 00:15 <i>slanted</i>	11
<b>11</b> laps FR 00:15 <i>impossible</i>	12
<b>12</b> laps FR 00:15 <i>impossible</i>	13
<b>13</b> laps BR 00:15 <i>slanted</i>	14
<b>14</b> laps FR 00:15 <i>impossible</i>	15
<b>15</b> laps FR 00:15 <i>impossible</i>	16
<b>16</b> laps BK 00:15 <i>regular</i>	17