

Warm Up			
400 Any Easy			1
Binary set			
8 × 300 as	{	100 Not FR	2
		300 as 100 Not FR	3
		100 Not FR	4
		100 Not FR	5
		300 as 100 Not FR	6
		100 FR	7
		100 Not FR	8
		300 as 100 FR	9
		100 Not FR	10
		100 Not FR	11
		300 as 100 FR	12
		100 FR	13
		100 FR	14
		300 as 100 Not FR	15
		100 Not FR	16
		100 FR	17
		300 as 100 Not FR	18
		100 FR	19
		100 FR	20
		300 as 100 FR	21
		100 Not FR	22
		100 FR	23
		300 as 100 FR	24
		100 FR	25
Warm Down			
200 Any Easy			26