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## Warm up

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**200** Any Easy 1

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## Monomino

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**100** FR 00:15 2

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## Domino

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**200** FR 00:15 3

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## Tromino

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**300** FR 00:15 4

**300** as | **200** FR 5

| **100** BK 6

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## Tetromino

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| **200** FR 7

**400** as | **100** FR 8

| **100** FR 9

| **100** FR 10

**400** as | **200** FR 11

| **100** FR 12

| **100** FR 13

**400** as | **200** FR 14

| **100** BK 15

**400** as | **200** FR 16

| **200** FR 17

**400** FR 18

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## Warm down

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**100** Any Easy 19