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