

WarmUp		
400	↔ Any Easy	1
First row		
17	FR 00:15	2
12	FR 00:15	3
9	FR 00:15	4
Second row		
3	BK 00:15	5
6	BK 00:15	6
Third row		
5	FR 00:15	7
6	FR 00:15	8
4	FR 00:15	9
Fourth row		
2	BK 00:15	10
8	BK 00:15	11
Fifth row		
10	BK 00:15	12
8	BK 00:15	13
3	BK 00:15	14
1	BK 00:15	15
Sixth row		
2	BK 00:15	16
6	BK 00:15	17
Seventh row		
5	IM 00:15	18
Eighth row		
14	FR 00:15	19
Ninth row		
1	BK 00:15	20
12	BK 00:15	21
Tenth row		
11	FR 00:15	22