

120 laps

600 as	100	FR	1
	100	D Any Any	2
	100	Not FR	3
6 ×	100	IM @ 1:45	4
4 ×	150	D IM Order Any 00:15	5
3 ×	200	FR 00:15 Pads	6
2 ×	300	FR 00:15 Pads	7