

Saturday, October 4, 2025

Short Course Meters

Group 1				Group 2				Group 3			
Warm Up	400	4 X 100	1:50	300	4 X 75	1:50	200	4 X 50	1:50		
	200	4 X 50 Kick	1:10	150	3 X 50 Kick	1:30	100	4 X 25 Kick	1:10		
	300	6 X 50 Des 1-4, hold	1:00	250	5 X 50 Des 1-4, hold	1:15	200	6 X 25 Des 1-4, hold	1:00		
Main Set	1950	4 X 125	2:05	1500	4 X 100	2:05	1050	4 X 75	2:05		
		5 X 50 Kick	1:00		4 X 50 Kick	1:15		3 X 50 Kick	1:40	FAST Kick	
		12 X 100 3-1:50 3-1:40 3-1:30 3-1:20			12 X 75 3-1:50 3-1:40 3-1:30 3-1:20			12 X 100 3-1:50 3-1:40 3-1:30 3-1:20		Free, Stroke or IM	
Cool Down	200	200		150	150		100	100			
3050				2350				1650			