

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	3 x 300 IM no Fly	900	3 x 300 IM no Fly	900	3 x 200 IM no Fly, 100 Free	600
Sprint	8 x 25 Free Build on 0:50	200	8 x 25 Free Build on 0:50	200	6 x 25 Free Build on 1:00	150
	100 Easy	100	100 Easy	100	100 Easy	100
	8 x 25 Choice Build on 1:00	200	8 x 25 Choice Build on 1:00	200	6 x 25 Choice Build on 1:00	150
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 2 x 50 Choice on 1:00 2 x 100 Choice on 1:50 1 x 200 Choice on 3:15 1 x 400 Choice on 6:30 1 x 200 Choice on 3:15 2 x 100 Choice on 1:50 2 x 50 Choice on 1:00 ]	2800	2 x [ 2 x 50 Choice on 1:10 2 x 100 Choice on 2:00 1 x 200 Choice on 3:30 1 x 300 Choice on 4:30 1 x 200 Choice on 3:30 2 x 100 Choice on 2:00 2 x 50 Choice on 1:10 ]	2600	1 x [ 2 x 50 Choice on 1:15 2 x 75 Choice on 1:50 1 x 150 Choice on 3:15 1 x 200 Choice on 4:00 1 x 150 Choice on 3:15 2 x 75 Choice on 1:50 2 x 50 Choice on 1:15 ]	1000
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	12 x 50 Kick on 1:10 [ 25 Fast + 25 Silent Kick ]	600	10 x 50 Kick on 1:20 [ 25 Fast + 25 Silent Kick ]	500	8 x 50 Kick on 1:30 [ 25 Fast + 25 Silent Kick ]	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5200		4900		2800