

LANE 1 (CSS 25s)

MS13B

11-Mar-23

**2200**

TSS' 71 IF 0.91

Moderate

w/up

100 FR easy 100

100 fave form Z3 100

200 FR as4x25 Z6 10 sec tag, 2x50 Z5 RI 10 200

**Main set** focus: FR speed off walls

5x200 FR build Z3-4a-4b-5 on 4 1000

#3 as pull

200 as 50 ea BA-BR-1-arm fly-BA Z3 200

8x50 IM order Z4 RI 10 400

c/down

200 K fins 50 ea fly on ba/BA/fly on front/FR 200

**2200**