

LANE 3 (CSS 38s)

11-Mar-23

1700

TSS''' 72 IF 0.85

Moderate

w/up

100

FR easy

100

100

fave form Z3

100

4x50

FR desc times

RI 15

200

Main set

focus: FR speed off walls

3x200

FR build Z3-4a-4b-5

on RI

600

#2 as pull

200

as 50 ea BA-BR

Z3

200

6x50

alt FR/form

Z4

RI 20s

300

c/down

200

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

200

1700