

**WOODFORD CO. SWIM TEAM**  
**12/1/05**

|                 |   |             |
|-----------------|---|-------------|
| <b>W'up:</b>    | <b>400 FREE</b>                               |             |
|                 | <b>200 IM DRILL</b>                           |             |
|                 | <b>200 KICK</b>                               |             |
|                 | <b>200 CHOICE</b>                             |             |
|                 |   | <b>1000</b> |
| <b>Pre Set:</b> | <b>4 X 75 Free – K/D/S x 25</b>               | <b>300</b>  |
| <b>Set 1:</b>   | <b>4 x 50 IM order on 1:00</b>                |             |
|                 | <b>3 x 100 - #1 BK, #2 BR, #3 Fly on 2:00</b> |             |
|                 | <b>2 x 150 free on 2:15</b>                   |             |
|                 | <b>1 x 200 pull</b>                           |             |
|                 | <b>100 ez</b>                                 |             |
|                 | <b>1 x 200 pull</b>                           |             |
|                 | <b>2 x 150 free on 2:15</b>                   |             |
|                 | <b>3 x 100 - #1 BK, #2 BR, #3 Fly on 2:00</b> |             |
|                 | <b>4 x 50 IM order on 1:00</b>                |             |
|                 | <b>100 ez</b>                                 | <b>2200</b> |
| <b>Set 2:</b>   | <b>10 x 50 fast on :50</b>                    | <b>500</b>  |
| <b>W'down</b>   | <b>200 ez</b>                                 | <b>200</b>  |
|                 |   | <b>4200</b> |