

Red Pod CHECKPOINTS



- 100 Freestyle with great streamline and turns
- 100 Breaststroke with turns and pullouts
- 50 Butterfly with continuous arms
- 100 Backstroke with flip turns and u/w
- 200 metres individual medley
- 12x25 Fs on the 35 seconds
- Dive and underwater 15m
- 50 Butterfly kick under 1:30
- 400 Fs with correct turns and breathing