

B	I	N	G	O
75 freestyle	10 dives off block	100 dolphin kick	75 backstroke	25 sprint from dive butterfly
100 breaststroke	75 butterfly	5 dives off block	100 IM	75 butterfly
75 freestyle	100 Reverse IM	100 kicking on back	25 sprint from dive backstroke	75 breaststroke
25 sprint from dive breaststroke	75 backstroke	100 flutter kick	25 sprint from dive freestyle	100 backstroke
75 breaststroke	100 breaststroke kick	FREE	100 butterfly	100 freestyle

B	I	N	G	O
75 freestyle	100 Reverse IM	75 butterfly	100 IM	100 backstroke
100 butterfly	75 breaststroke	100 kicking on back	25 sprint from dive butterfly	75 backstroke
100 breaststroke	100 dolphin kick	5 dives off block	25 sprint from dive freestyle	75 freestyle
25 sprint from dive breaststroke	100 breaststroke kick	75 butterfly	100 flutter kick	75 backstroke
75 breaststroke	FREE	100 freestyle	10 dives off block	25 sprint from dive backstroke

B	I	N	G	O
75 breaststroke	25 sprint from dive freestyle	100 breaststroke kick	100 butterfly	100 flutter kick
100 backstroke	100 freestyle	100 breaststroke	100 kicking on back	75 freestyle
25 sprint from dive breaststroke	75 breaststroke	5 dives off block	100 Reverse IM	75 butterfly
75 freestyle	75 backstroke	FREE	100 IM	10 dives off block
25 sprint from dive backstroke	75 butterfly	75 backstroke	100 dolphin kick	25 sprint from dive butterfly