

B	I	N	G	O
75 butterfly	1 minute treading water	100 butterfly	75 backstroke	25 sprint from dive breaststroke
100 backstroke	75 butterfly	25 sprint from dive freestyle	10 dives off block	75 breaststroke
75 freestyle	100 IM	100 freestyle	100 kicking on back	75 breaststroke
25 sprint from dive backstroke	5 dives off block	100 dolphin kick	25 sprint from dive butterfly	100 Reverse IM
75 backstroke	100 breaststroke	75 freestyle	100 breaststroke kick	100 flutter kick

B	I	N	G	O
75 freestyle	100 IM	75 breaststroke	10 dives off block	100 Reverse IM
100 breaststroke kick	75 breaststroke	100 freestyle	25 sprint from dive breaststroke	5 dives off block
100 backstroke	100 butterfly	25 sprint from dive freestyle	25 sprint from dive butterfly	75 butterfly
25 sprint from dive backstroke	100 breaststroke	75 butterfly	100 dolphin kick	75 backstroke
75 backstroke	75 freestyle	100 flutter kick	1 minute treading water	100 kicking on back

B	I	N	G	O
75 breaststroke	25 sprint from dive butterfly	100 breaststroke	100 breaststroke kick	100 dolphin kick
100 Reverse IM	100 flutter kick	100 backstroke	100 freestyle	75 butterfly
25 sprint from dive backstroke	75 backstroke	25 sprint from dive freestyle	100 IM	75 butterfly
75 freestyle	5 dives off block	75 freestyle	10 dives off block	1 minute treading water
100 kicking on back	75 breaststroke	75 backstroke	100 butterfly	25 sprint from dive breaststroke