

SMYSH

	E	H	L	
#11 1/3 200m Medley Relay A (3-Fly) →	11	1	3	MR (3) Fly
#45 1/1 50m Back →	45	1	1	50 back
#75 1/3 50m Fly →	75	1	3	50 fly
#85 1/3 200m Free Relay A (1) →	85	1	3	FR (1)