|  |  |
| --- | --- |
|  | 4 sets of (3x200 on 1:30 cycle) with 2min static recovery between sets |
| Carlos  Cole | 39-38-37 |
| Gavin  Nick S | 42-41-40 |
| Madison | 43-42-41 |
| Gunner | 45-44-43 |
| Hayley | 46-45-44 |
|  | 4 sets of (3x200 on 2:00 cycle) with 2min static recovery between sets |
| Gracie | 50-49-48 |
| Grace  Caleigh F | 53-52-51 |
| Kenny B  Wade  Josh  Alex | 54-53-52 |
| Joshlyn | 56-55-54 |
| Kirari  Sophia | 57-56-55 |
| Emmalee | 59-58-57 |
| Alina  Nick M  Addison | 60-59-58 |
| Cassiday | 62-61-62 |