

# Frost Part 1 - General Tips

Remember that ball jumps are almost free on the sled. Simply hold jump and fire Mega Balls in front of Mega Man.

**Both bolts are collected in any%.** Ball jumping can make the jump after the first bolt easier/safer at no time loss. The second bolt is not specifically required since any% typically ends up with an extra bolt, but it's in an auto scroller so it's no time loss.

The Sled section is a full on auto-scroller - nothing will make this faster or slower. No swag movement is required for the run.

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