

BEST TIMES SHEET

Please fill out the form below
and return to your coach as soon as possible

STROKE	YARDS	METERS
FREESTYLE		
25		N/A
50		
100		
200		
500/400		
1000/800		
1650/1500		
BACKSTROKE		
25		N/A
50		
100		
200		
BREASTSTROKE		
25		N/A
50		
100		
200		
BUTTERFLY		
25		N/A
50		
100		
200		
INDIVIDUAL MEDLEY		
100		N/A
200		
400		

Swimmer Name