## Endurance 1000 800m Swims

| Award Year: | Name: |  |
| :--- | :--- | :--- |
| Registration Number: | Age: | M / F (Please Circle) |
| Club Name: | Club Code: |  |
| Stroke: Freestyle / Backstroke / Breaststroke / Butterfly / Ind Medley (Please circle) |  |  |

Record the split and cumulative time for each 100 metres in the table below.

| Swim Number | 1 | 2 | 3 | 4 | 5 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Pool Length | 25m /50m | 25m /50m | 25m /50m | 25m /50m | 25m /50m |
| Date of Swim |  |  |  |  |  |
| 100m Split |  |  |  |  |  |
| Cumulative |  |  |  |  |  |
| 200m Split |  |  |  |  |  |
| Cumulative |  |  |  |  |  |
| 300m Split |  |  |  |  |  |
| Cumulative |  |  |  |  |  |
| 400m Split |  |  |  |  |  |
| Cumulative |  |  |  |  |  |
| 500m Split |  |  |  |  |  |
| Cumulative |  |  |  |  |  |
| 600m Split |  |  |  |  |  |
| Cumulative |  |  |  |  |  |
| 700m Split |  |  |  |  |  |
| Cumulative |  |  |  |  |  |
| 800m Split |  |  |  |  |  |
| Cumulative |  |  |  |  |  |
|  |  |  |  |  |  |
| Points |  |  |  |  |  |
| Timekeeper's Name |  |  |  |  |  |

Club Recorder - Name and signature

