

# Distance Record Sheet

Award Year:	Name:	MSA ID:
Club Code:	Club Name:	

DISTANCE	STROKE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
400M 5 of each stroke	FREE												
	BACK												
	BREAST												
	FLY												
800M 5 of each stroke	IM												
	FREE												
	BACK												
	BREAST												
1500M 1 of each stroke	FLY												
	IM												
	FREE												
	BACK												
30min 1 of each stroke	BREAST												
	FREE												
	BACK												
45min 1 of each stroke	BREAST												
	FREE												
	BACK												
60min 1 of each stroke	BREAST												
	FREE												
	BACK												