

Recording Sheet

400m 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					
Points					
Timekeeper's Name					

Club Recorder – Name and signature
