

# Recording Sheet

## 45min Swim

Award Year:	Name:		
Registration Number:	Age:	M / F (Please Circle)	
Club Name:		Club Code:	

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

100m Split		1500m		2900m	
Cumulative					
200m Split		1600m		3000m	
Cumulative					
300m Split		1700m		3100m	
Cumulative					
400m Split		1800m		3200m	
Cumulative					
500m Split		1900m		3300m	
Cumulative					
600m Split		2000m		3400m	
Cumulative					
700m Split		2100m		3500m	
Cumulative					
800m Split		2200m		3600m	
Cumulative					
900m Split		2300m		3700m	
Cumulative					
1000m Split		2400m		3800m	
Cumulative					
1100m Split		2500m		3900m	
Cumulative					
1200m Split		2600m		4000m	
Cumulative					
1300m Split		2700m		4100m	
Cumulative					
1400m Split		2800m		4200m	
Cumulative					

Date of Swim	Pool Length	Stroke	Points
Timekeeper's Name		Club Recorder – Name and signature	