

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

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

100m Split	1800m	3500m
Cumulative	100011	
200m Split	1900m	3600m
Cumulative		 300011
	2000m	3700m
	2000m	 3700m
Cumulative	0100	0000
400m Split	2100m	 3800m
Cumulative		
500m Split	2200m	 3900m
Cumulative		
600m Split	2300m	 4000m
Cumulative		
700m Split	2400m	4100m
Cumulative		
800m Split	2500m	4200m
Cumulative		
900m Split	2600m	4300m
Cumulative		
1000m Split	2700m	4400m
Cumulative		
1100m Split	2800m	4500m
Cumulative		
1200m Split	2900m	4600m
Cumulative	2000	
1300m Split	3000m	4700m
Cumulative		
1400m Split	3100m	 4800m
Cumulative		
1500m Split	3200m	 4900m
Cumulative		
1600m Split		 5000m
Cumulative	3300111	
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1700m Split	3400m	
Cumulative		

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