



# Swimmer's Record Book

Name.....

ASA ID.....























































# County Time - Record sheet



## Winter Counties - Short Course

Stroke	Distance	Targets and achievement record			
		Target time	<input type="checkbox"/>	Date achieved	Time achieved
Freestyle	50M				
	100M				
	200M				
Backstroke	50M				
	100M				
	200M				
Breaststroke	50M				
	100M				
	200M				
Butterfly	50M				
	100M				
	200M				
IM	100M				
	200M				

# County Time - Record sheet

## Spring Counties - Long Course



Stroke	Distance	Targets and achievement record			
		Target time	<input type="checkbox"/>	Date achieved	Time achieved
Freestyle	50M				
	100M				
	200M				
	400M				
	800/1500M				
Backstroke	50M				
	100M				
	200M				
Breaststroke	50M				
	100M				
	200M				
Butterfly	50M				
	100M				
	200M				
IM	200M				
	400M				

Remember to check the ASA website for up to date times from licensed meets:  
<https://www.swimmingresults.org/biogs>



[www.hailshamswimmingclub.org](http://www.hailshamswimmingclub.org)