



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 | | | | |



Regional Time – Record sheet

| 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 | 100M | | | | |
| | 200M | | | | |
| | 400M | | | | |

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



www.hailshamswimmingclub.org