

Name:

Distance/ Stroke	Time	Date	Meet	Converted time
Freestyle				
50m				
100m				
200m				
400m				
800m				
1500m				

Breastroke				
50m				
100m				
200m				

Backstroke				
50m				
100m				
200m				

Butterfly				
50m				
100m				
200m				

Individual Medley				
100m				
200m				
400m				