

POOL INFORMATION

Pool Name:	
Pool Length: (Specify Yards or Meters)	
Pool Size: (Number of Lanes)	
Pool Spec's: (Indoor/Outdoor)	
Pool Address:	
Pool Telephone Number:	
Pool Website:	

SWIM INFORMATION

Swim Date:	
Number of Full Laps (Lengths):	@ 15min:
	@ 60 min:
Distance completed: (Specify Yard/meters include approx. partial lap distances)	@ 15min:
	@ 60min:
Wetsuit worn (Yes/No):	
Heart Rate (Beats in 15s)	@ Start:
	@ 60min:

By Signing below I attest that the information recorded in this log is correct:

Swimmer Full Name: _____

Swimmer Signature: _____ Date: _____

Swimmer Name: _____

Distance	Split	Cumulative	Distance	Split	Cumulative	Distance	Split	Cumulative
100			1600			3100		
200			1700			3200		
300			1800			3300		
400			1900			3400		
500			2000			3500		
600			2100			3600		
700			2200			3700		
800			2300			3800		
900			2400			3900		
1000			2500			4000		
1100			2600			4100		
1200			2700			4200		
1300			2800			4300		
1400			2900			4400		
1500			3000			4500		

STROKE RATE (spm)	@ 10min	@ 30min	@ 60min
Strokes per minute, can evaluate over 15s for 25m pool			