MONTHLY / SEASONAL SWIM MEET & GOAL EVALUATION SHEET

Name: Date: Age Group:

 Phone: Email Address: Birthday:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DISTANCE** | **STROKE** |  **BEST TIME** | **Date: Best Time**  | **Goal Time** | **Fade Factor** | **Comments / Notes** | **# SWIMS** |
| 25 | FREE |  |  |  |  |   |  |
| 50 | FREE |   |  |  |  |   |  |
| 100 | FREE |   |  |  |  |   |  |
| 200 | FREE |   |  |  |  |   |  |
| 400 M | FREE |   |  |  |  |   |  |
| 500 | FREE |   |  |  |  |   |  |
| 800 M | FREE |  |  |  |  |  |  |
| 1000 | FREE |  |  |  |  |  |  |
| 1500 M | FREE |  |  |  |  |  |  |
| 1650 | FREE |  |  |  |  |  |  |
| **DISTANCE** | **STROKE** |  **BEST TIME** | **Date: Best Time**  | **Goal Time** | **Fade Factor** | **Comments / Notes** | **# SWIMS** |
| 25 |  BACK |   |   |   |   |   |  |
| 50 |  BACK |   |   |   |   |   |  |
| 100 |  BACK |   |   |   |   |   |  |
| 200 |  BACK |   |   |   |   |   |  |
| **DISTANCE** | **STROKE** |  **BEST TIME** | **Date: Best Time**  | **Goal Time** | **Fade Factor** | **Comments / Notes** | **# SWIMS** |
| 25 | FLY |   |   |   |   |   |  |
| 50 | FLY |   |   |   |   |   |  |
| 100 | FLY |   |   |   |   |   |  |
| 200 | FLY |   |   |   |   |   |  |
| **DISTANCE** | **STROKE** |  **BEST TIME** | **Date: Best Time**  | **Goal Time** | **Fade Factor** | **Comments / Notes** | **# SWIMS** |
| 25 | BREAST |  |  |  |  |  |  |
| 50 | BREAST |  |  |  |  |  |  |
| 100 | BREAST |  |  |  |  |  |  |
| 200 | BREAST |  |  |  |  |  |  |
| **DISTANCE** | **STROKE** |  **BEST TIME** | **Date: Best Time**  | **Goal Time** | **Fade Factor** | **Comments / Notes** | **# SWIMS** |
| 100 | I.M. |   |   |   |   |   |  |
| 200 | I.M. |  |  |  |  |  |  |
| 400 | I.M. |  |  |  |  |  |  |