

Event: _____ Heat: _____ Lane: _____

Freestyle

- Touch: No Touch

Backstroke

- Stroke: Past vertical towards stomach
- Turn: Multiple strokes into wall on stomach
- Finish: Past vertical towards stomach

Butterfly

- Kick: Alternating/Breaststroke Kick
- Arms: Non-simultaneous / Underwater Recovery
- Touch: One hand / No touch

Breaststroke

- Kick: Alternating / Butterfly (downward) / Scissors
- Arms: Pull Past Hipline / Non simultaneous
- Stroke: Double Pull / Double Kick
- Pullout: Multiple pulls/kicks underwater
- Touch: One hand / No touch

Other

- Relay False Start: Swimmer # _____
- Did not finish
- Other: _____

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