

SOLON SWIMMING

Name: _____

Pre-Season Preparation Sheet

Directions: Complete the tables below using your lifetime best times (LTB). If you do not have a time for an event, leave the corresponding table blank.

Primary 100 (including free):

| Total Time | 1 st 50 | 2 nd 50 |
|------------|--------------------|--------------------|
| | | |

Secondary 100 (including free):

| Total Time | 1 st 50 | 2 nd 50 |
|------------|--------------------|--------------------|
| | | |

200 Free:

| Total Time | 1 st 50 | 2 nd 50 | 3 rd 50 | 4 th 50 |
|------------|--------------------|--------------------|--------------------|--------------------|
| | | | | |

| 1 st 100 | 2 nd 100 | Last 150 |
|---------------------|---------------------|----------|
| | | |

200 #1 Stroke:

| Total Time | 1 st 50 | 2 nd 50 | 3 rd 50 | 4 th 50 |
|------------|--------------------|--------------------|--------------------|--------------------|
| | | | | |

| 1 st 100 | 2 nd 100 | Last 150 |
|---------------------|---------------------|----------|
| | | |

200 I.M.:

| Total Time | Fly Split | Back Split | Breast Split | Free Split |
|------------|-----------|------------|--------------|------------|
| | | | | |

400 I.M.:

| Total Time | Fly Split | Back Split | Breast Split | Free Split |
|------------|-----------|------------|--------------|------------|
| | | | | |

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500 Free:

| Total Time | 1 st 50 | 1 st 100 | Last 450 | Last 400 |
|------------|--------------------|---------------------|----------|----------|
| | | | | |

1000 Free:

| Total Time | 1 st 50 | 1 st 100 | Last 950 | Last 900 |
|------------|--------------------|---------------------|----------|----------|
| | | | | |

1650 Free:

| Total Time | 1 st 50 | 1 st 100 | Last 1600 | Last 1550 |
|------------|--------------------|---------------------|-----------|-----------|
| | | | | |

Directions: List 12 songs (title and artist) that you would like to hear at practice.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.