Name/Team:_____

DIY Tri Tracking Sheet

	Conversion				**Swim 2.4 Miles** (82 laps)		**Bike 112 Miles**		**Run 26.2 Miles**	
Date: Starts Jan. 18	Level:	Time: (Mins)	Alternate Activity	Replacement Activity (Swim, Bike or Run)	Swim (Laps)	**Swim (total)**	Bike (miles)	**Bike (total)**	Run (miles)	**Run (total)**
Ex.	Mod	20	Snowshoeing	Swim	20	20	---	---	---	---

	Conversion				Swim 2.4 Miles (82 laps)		Bike 112 Miles		Run 26.2 Miles	
Date: Starts Jan. 18	Level:	Time: (Mins)	Alternate Activity	Replacement Activity (Swim, Bike or Run)	Swim (Laps)	**Swim (total)**	Bike (miles)	**Bike (total)**	Run (miles)	**Run (total)**

	Conversion				Swim 2.4 Miles (82 laps)		Bike 112 Miles		Run 26.2 Miles	
Date: Starts Jan. 18	Level:	Time: (Mins)	Alternate Activity	Replacement Activity (Swim, Bike or Run)	Swim (Laps)	**Swim (total)**	Bike (miles)	**Bike (total)**	Run (miles)	**Run (total)**

Total with Alternate Activities: ***Swim:_____*** ***Bike:_____*** ***Run:_____***

Dates: January 18 thru March 12

Email mhsfieldhouse@msd.k12.wi.us or drop off sheet to Field House front desk by Friday, March 12 by 8pm

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