

# 3/4 HOUR SWIM

Award Year		
Registration Number	Given Name	Family Name

Club Name	Club Code	Age	Male/Female
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Record the cumulative time for each 100 metres.

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

Date of Swim	Pool Length	Distance Swum	Points	Timekeeper
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Signature - Club Recorder
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