### 1 HOUR/3000m LC

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| **Award Year** | **Swim Style/Stroke** | **Distance** |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **100 m** |  | **1200 m** |  | **2300 m** |  | **3400 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **200 m** |  | **1300 m** |  | **2400 m** |  | **3500 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **300 m** |  | **1400 m** |  | **2500 m** |  | **3600 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **400 m** |  | **1500 m** |  | **2600 m** |  | **3700 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **500 m** |  | **1600 m** |  | **2700 m** |  | **3800 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **600 m** |  | **1700 m** |  | **2800 m** |  | **3900 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **700 m** |  | **1800 m** |  | **2900 m** |  | **4000 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **800 m** |  | **1900 m** |  | **3000 m** |  | **4100 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **900 m** |  | **2000 m** |  | **3100 m** |  | **4200 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **1000 m** |  | **2100 m** |  | **3200 m** |  | **4300 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **1100 m** |  | **2200 m** |  | **3300 m** |  | **4400 m** |  |
| Split |  | Split |  | Split |  | Split |  |

| **Date of Swim** | **Pool Length**  **50 m** | **Timekeeper**  **1.**  **2.** |
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### ¾ HOUR LC

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| **Award Year** | **Swim Style/Stroke** | **Distance** |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **100 m** |  | **1200 m** |  | **2300 m** |  | **3400 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **200 m** |  | **1300 m** |  | **2400 m** |  | **3500 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **300 m** |  | **1400 m** |  | **2500 m** |  | **3600 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **400 m** |  | **1500 m** |  | **2600 m** |  | **3700 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **500 m** |  | **1600 m** |  | **2700 m** |  | **3800 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **600 m** |  | **1700 m** |  | **2800 m** |  | **3900 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **700 m** |  | **1800 m** |  | **2900 m** |  | **4000 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **800 m** |  | **1900 m** |  | **3000 m** |  | **4100 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **900 m** |  | **2000 m** |  | **3100 m** |  | **4200 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **1000 m** |  | **2100 m** |  | **3200 m** |  | **4300 m** |  |
| Split |  | Split |  | Split |  | Split |  |
| **1100 m** |  | **2200 m** |  | **3300 m** |  | **4400 m** |  |
| Split |  | Split |  | Split |  | Split |  |

| **Date of Swim** | **Pool Length**  **50 m** | **Timekeeper**  **1.**  **2.** |
| --- | --- | --- |

### ½ HOUR LC

|  |  |  |
| --- | --- | --- |
| **Award Year** | **Swim Style/Stroke** | **Distance** |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **100 m** |  | **900 m** |  | **1700 m** |  | **2500 m** |  | |
| Split |  | Split |  | Split |  | Split |  | |
| **200 m** |  | **1000 m** |  | **1800 m** |  | **2600 m** |  | |
| Split |  | Split |  | Split |  | Split |  | |
| **300 m** |  | **1100 m** |  | **1900 m** |  | **2700 m** |  | |
| Split |  | Split |  | Split |  | Split |  | |
| **400 m** |  | **1200 m** |  | **2000 m** |  | **2800 m** |  | |
| Split |  | Split |  | Split |  | Split |  | |
| **500 m** |  | **1300 m** |  | **2100 m** |  | **2900 m** |  | |
| Split |  | Split |  | Split |  | Split |  | |
| **600 m** |  | **1400 m** |  | **2200 m** |  | **3000 m** |  | |
| Split |  | Split |  | Split |  | Split |  | |
| **700 m** |  | **1500 m** |  | **2300 m** |  | **3100 m** |  | |
| Split |  | Split |  | Split |  | Split |  | |
| **800 m** |  | **1600m** |  | **2400 m** |  | **3200** |  | |
| Split |  | Split |  | Split |  |  |  |

| **Date of Swim** | **Pool Length**  **50 m** | **Timekeeper**  **1.**  **2.** |
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**1500 METRES LC**

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| **Award Year** | **Swim Style/Stroke** | |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **100 metres** |  | Split |  | |
| Split |  | **900 metres** |  | |
| **200 metres** |  | Split |  | |
| Split |  | **1000 metres** |  | |
| **300 metres** |  | Split |  | |
| Split |  | **1100 metres** |  | |
| **400 metres** |  | Split |  | |
| Split |  | **1200 metres** |  | |
| **500 metres** |  | Split |  | |
| Split |  | **1300 metres** |  | |
| **600 metres** |  | Split |  | |
| Split |  | **1400 metres** |  | |
| **700 metres** |  | Split |  | |
| Split |  | **1500 metres** |  | |
| **800 metres** |  |  |  |

| **Date of Swim** | **Pool Length**  **50 m** | **Timekeeper**  **1.**  **2.** |
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### 800 METRES LC

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| **Award Year** | **Swim Style/Stroke** | |
| **Reg No.** | **Name** | **M/F** |

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| --- | --- | --- | --- | --- | --- | --- |
| Swim Number | **1** | **2** | **3** | **4** | **5** | |
| Pool Length | 50 m | 50 m | 50 m | 50 m | 50 m | |
| **100 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **200 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **300 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **400 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **500 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **600 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **700 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **800 metres** |  |  |  |  |  | |
|  |  |  |  |  |  |
| Date of Swim |  |  |  |  |  | |
| Timekeeper |  |  |  |  |  | |

**400 METRES LC**

|  |  |  |
| --- | --- | --- |
| **Award Year** | **Swim Style/Stroke** | |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Swim Number | **1** | **2** | **3** | **4** | **5** | |
| Pool Length | 50 m | 50 m | 50 m | 50 m | 50 m | |
| **100 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **200 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **300 metres** |  |  |  |  |  | |
| Split |  |  |  |  |  | |
| **400 metres** |  |  |  |  |  | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Date of Swim |  |  |  |  |  | |
| Timekeeper |  |  |  |  |  | |