

Name : _____

Short Course Yards Times

Meet		Best Times as of:												
Date		/ /										DATE	GOAL	
Freestyle	25													25
	50													50
	100													100
	200													200
	500													500
	100													100
	1650													1650
Back	25													25
	20													20
	100													100
	200													200
Breast	25													25
	50													50
	100													100
	200													200
Fly	25													25
	250													250
	100													100
	200													200
IM	100													100
	200													200
	400													400

Always use pencil to complete this chart. Write down the times for all of your swims at a meet. When you achieve a goal listed in the blue section at a meet, circle that time and then write down the date and a new goal in the goals section. When you fill this sheet, start a new one with all the best times you have from this sheet.