

# SWIM PROGRESS TRACKER

Swimmer: \_\_\_\_\_

Season: 20\_\_\_\_

EVENT	DIST.	MEET/DATE	SEED TIME	FINAL TIME	SPLITS / NOTES
<b>Butterfly</b>					
Butterfly	50				
Butterfly	100				
<b>Backstroke</b>					
Backstroke	50				
Backstroke	100				
<b>Breaststroke</b>					
Breaststroke	50				
Breaststroke	100				
<b>Freestyle</b>					
Freestyle	50				
Freestyle	100				

<b>EVENT</b>	<b>DIST.</b>	<b>MEET/DATE</b>	<b>SEED TIME</b>	<b>FINAL TIME</b>	<b>SPLITS / NOTES</b>
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Freestyle	200				
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Freestyle	500				
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### **Individual Medley**

IM	200				
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IM	400				
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### **SEASON GOALS**

- 1.
- 2.
- 3.