

Just Swim Challenge 30

TRACK YOUR SWIMS

Swimmer: _____

Keep a record of all your Just Swim Challenge 30 swims in 2019.

Compare swims to determine if you have achieved a personal best distance.

SWIM NUMBER:											
Date:		D	D	M	M	Y	Y	Y	Y		
Venue:											
Length of pool:		metres / yards (delete as appropriate)									
TOTAL LENGTHS SWUM	x Pool Length (indicate metres or yards)	Plus any additional part length (indicate metres or yards)				= TOTAL METRES* (round down to nearest 5 metres)					
		m	yd		m	yd	=	m			
*Multiply yards completed by 0.9144 to obtain total metres swum and round down to nearest 5 metres											

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