

Just Swim Challenge 30

LAP COUNT

Swimmer: _____

Date:

D	D	M	M	Y	Y	Y	Y
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Venue: _____

Length of pool:

metres / yards (delete as appropriate)

It is recommended that swimmers record their split times and submit them with their entry. These will only be used in the case of any disputes.

Please insert cumulative split times:

2	4	6	8	10	12
14	16	18	20	22	24
26	28	30	32	34	36
38	40	42	44	46	48
50	52	54	56	58	60
62	64	66	68	70	72
74	76	78	80	82	84
86	88	90	92	94	96
98	100	102	104	106	108
110	112	114	116	118	120
122	124	126	128	130	132
134	136	138	140	142	144

TOTAL LENGTHS SWUM	x Pool Length (indicate metres or yards)		Plus 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

Name and Signature of lap counter: _____