



Please use this form as proof of performance if submitting a seed time that is achieved in an organized practice.

Split Sheet Organized Practice Swim

Swimmer Name _____ USMS # _____

Club _____ Workout Group _____

Coach's Name _____

Event (please circle) 1650Fr 1000Fr 500Fr 400IM Course (please circle) 25y 25m 50m

Please record the 50 splits for the event.

Distance	Split	Distance	Split
50		900	
100		950	
150		1000	
200		1050	
250		1100	
300		1150	
350		1200	
400		1250	
450		1300	
500		1350	
550		1400	
600		1450	
650		1500	
700		1550	
750		1600	
800		1650	
850		Final Time	

Coach Signature _____ Athlete Signature _____