

IM Madness Split Sheet - Sweet 8

Swimmer's Name: _____ Location: _____ Date: _____

Age: _____ Gender: _____ USMS# _____ Timer: _____

IM type/Stroke Type	Stroke(s)	Lap	Yards	Cumulative Time
100 IM	25 fly, 25 back	2	50	
	25 breast, 25 free	4	100	
Fly	50 Fly	6	150	
100 IM	25 fly, 25 back	8	200	
	25 breast, 25 free	10	250	
Back	50 Back	12	300	
100 IM	25 fly, 25 back	14	350	
	25 breast, 25 free	16	400	
Breast	50 Breast	18	450	
100 IM	25 fly, 25 back	20	500	
	25 breast, 25 free	22	550	
Free	50 Free	24	600	
200 IM	50 Fly	26	650	
	50 Back	28	700	
	50 Breast	30	750	
	50 Free	32	800	

IM Madness Split Sheet - Sweet 12

Swimmer's Name: _____ Location: _____ Date: _____
 Age: _____ Gender: _____ USMS# _____ Timer: _____

Type	Stroke(s)	YDS	Cumulative Time		Type	Stroke(s)	YDS	Cumulative Time
100 IM	25 fly, back	50			400 IM	50 fly	850	
	25 breast, free	100				50 fly	900	
100 IM	25 fly, back	150				50 back	950	
	25 breast, free	200				50 back	1000	
100 IM	25 fly, back	250				50 breast	1050	
	25 breast, free	300				50 breast	1100	
100 IM	25 fly, back	350				50 free	1150	
	25 breast, free	400				50 free	1200	
200 IM	50 fly	450						
	50 back	500						
	50 breast	550						
	50 free	600						
200 IM	50 fly	650						
	50 back	700						
	50 breast	750						
	50 free	800						

