

DAM's Annual Ross Yancher Brute Squad ePostal Swim -- SPLIT SHEET

100 YARD SPLITS are required for USMS & USA-S Competition Category -- Split Sheet required w/ mail-in entry.

USMS Non-Competition Category ONLY -- Splits and Split Sheet optional, pace clock times allowed.

Swimmer's Name: _____ Pool City & State: _____

Age: _____ Birthdate: _____ Gender: _____ USMS or USA-S# _____

As of December 31st

TIMER: _____

NOTE: 50 YARD Splits are optional. 100 YARD SPLITS are required for online and mail-in Competition Category entries.

50 Splits Optional	Stroke	Lap	Yards	Cumulative Time	Stroke	Lap	Yards	Cumulative Time	50 Splits Optional
	200 FLY	2	50		500/1650 Free	18	450		
	200 FLY	4	100		END Brute Lite!!	20	500		
	200 FLY	6	150		1650 Free	22	550		
	200 FLY	8	200		1650 Free	24	600		
	400 IM - Fly	2	50		1650 Free	26	650		
	400 IM - Fly	4	100		1650 Free	28	700		
	400 IM - Back	6	150		1650 Free	30	750		
	400 IM - Back	8	200		1650 Free	32	800		
	400 IM - Breast	10	250		1650 Free	34	850		
	400 IM - Breast	12	300		1650 Free	36	900		
	400 IM - Free	14	350		1650 Free	38	950		
	400 IM - Free	16	400		1650 Free	40	1000		
START Brute Lite	100 FLY	2	50		1650 Free	42	1050		
	100 FLY	4	100		1650 Free	44	1100		
	200 IM - Fly	2	50		1650 Free	46	1150		
	200 IM - Back	4	100		1650 Free	48	1200		
	200 IM - Breast	6	150		1650 Free	50	1250		
	200 IM - Free	8	200		1650 Free	52	1300		
	500/1650 Free	2	50		1650 Free	54	1350		
	500/1650 Free	4	100		1650 Free	56	1400		
	500/1650 Free	6	150		1650 Free	58	1450		
	500/1650 Free	8	200		1650 Free	60	1500		
	500/1650 Free	10	250		1650 Free	62	1550		
	500/1650 Free	12	300		1650 Free	64	1600		
	500/1650 Free	14	350		1650 Free	66	1650		
	500/1650 Free	16	400		Congratulations, You Survived!				