

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

**100 YARD SPLITS are required for USMS & USA-S Competition Category**

**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 Competition Category entries.**

50 Splits Optional	Stroke	Lap	Yards	CuBmulative 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!				