

DAM Brute Squad Split Sheet

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

Stroke	Lap	Yards	Cumulative Time		Stroke	Lap	Yards	Cumulative Time
FLY	2	50			1650-free	22	550	
FLY	4	100			1650-free	24	600	
FLY	6	150			1650-free	26	650	
FLY	8	200			1650-free	28	700	
					1650-free	30	750	
IM-fly	2	50			1650-free	32	800	
IM-fly	4	100			1650-free	34	850	
IM-back	6	150			1650-free	36	900	
IM-back	8	200			1650-free	38	950	
IM-breast	10	250			1650-free	40	1000	
IM-breast	12	300			1650-free	42	1050	
IM-free	14	350			1650-free	44	1100	
IM-free	16	400			1650-free	46	1150	
					1650-free	48	1200	
1650-free	2	50			1650-free	50	1250	
1650-free	4	100			1650-free	52	1300	
1650-free	6	150			1650-free	54	1350	
1650-free	8	200			1650-free	56	1400	
1650-free	10	250			1650-free	58	1450	
1650-free	12	300			1650-free	60	1500	
1650-free	14	350			1650-free	62	1550	
1650-free	16	400			1650-free	64	1600	
1650-free	18	450			1650-free	66	1650	
1650-free	20	500						