

| DATE EVENT | / / | / / | / / | / / | / / |
|-------------------------|-----|-----|-----|-----|-----|
| 50 FC | | | | | |
| 100 FC | | | | | |
| 200 FC | | | | | |
| 400 FC | | | | | |
| 800/1500 FC | | | | | |
| 50 BK | | | | | |
| 100BK | | | | | |
| 200BK | | | | | |
| 50 BR | | | | | |
| 100 BR | | | | | |
| 200 BR | | | | | |
| 50 FLY | | | | | |
| 100 FLY | | | | | |
| 200 FLY | | | | | |
| 100 IM | | | | | |
| 200 IM | | | | | |
| 400 IM / Other event | | | | | |



SWIMMING
PERFORMANCE LOG-BOOK

Name _____

For club information visit
www.carnbreasc.co.uk

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