

Swimming Golf Performances

Equipment (circle all that apply):

None Snorkel Fins Other: _____

IHR				
Start Time				
Repeat*	Repeat End Time (MM:SS)	Stroke (Middle 50)	100 Split	SGolf Score**
100				
200				
300				
400				
500				
600				
700				
800				
900				
1000				

* If doing 3 x 300, put 2nd 300 into 400, 500, 600 and so on

** SGolf Score = (50 Split) + (50 Stroke Count)

