



COACH FIELD FORM

25 and 50 Sprint Recording Sheet

Record start method and timing system. Optional stroke measures must use a defined measurement zone.

Date _____	Site or pool _____	Course SCY / SCM / LCM
Coach _____	Conditions and equipment _____	Round _____

Athlete	Distance	Trial 1	Trial 2	Best	15 m split	Cycles	Cycle rate	Notes
1. _____								
2. _____								
3. _____								
4. _____								
5. _____								
6. _____								
7. _____								
8. _____								
9. _____								

Optional clean-speed segment: speed = measured zone distance / zone time. **Cycle rate:** cycles / measured seconds x 60. Do not claim "efficiency" from time or rate alone; interpret with distance per cycle, video, and technique.

Notes, interruptions, timing method, or reasons a result should not be compared