



COACH FIELD FORM

3MT Multi-Athlete Recording Sheet

Record cumulative distance at each 30-second signal. At 150 seconds, also mark the swimmer's exact location. At 180 seconds, stop the test and measure the final partial length.

Date _____	Site or pool _____	Course SCY / SCM / LCM
Coach _____	Water and deck conditions _____	Test round _____

Lane / athlete	30	60	90	120	150	180 total	Last 30	CS	D prime
1. _____									
2. _____									
3. _____									
4. _____									
5. _____									
6. _____									
7. _____									
8. _____									
9. _____									
10. _____									

Units: enter distance in the pool's unit. **Last 30:** total distance at 180 seconds minus distance at 150 seconds. **Critical speed:** last-30 distance / 30 seconds. **D prime estimate:** total distance - (critical speed x 180 seconds).

Test notes, interruptions, turns, measurement method, or reasons a result should not be compared