



COACH FIELD FORM

4 x 50 Speed Repeatability Sheet

Use one fixed send-off for the entire group or record each athlete's exact recovery. Times alone cannot be interpreted without the interval.

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

Athlete	Send-off	50 #1	50 #2	50 #3	50 #4	Best	1-to-4 drop	Percent decrement	Valid
1. _____									
2. _____									
3. _____									
4. _____									
5. _____									
6. _____									
7. _____									
8. _____									

First-to-fourth drop: $T4 - T1$. **Percent decrement:** $[(T1 + T2 + T3 + T4) / (\text{best time} \times 4) - 1] \times 100$. Smaller values mean the athlete maintained performance more closely under this exact protocol.

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