



COACH FIELD FORM

CSS 400 and 200 Recording Sheet

Record times in total seconds before calculating. Use 400 and 200 in the same pool unit; report pace in that same unit.

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

Athlete	400 time	400 sec	200 time	200 sec	CSS unit/sec	Pace/100	Valid
1. _____							
2. _____							
3. _____							
4. _____							
5. _____							
6. _____							
7. _____							
8. _____							

Formula: CSS speed = $(400 - 200) / (400 \text{ time in seconds} - 200 \text{ time in seconds})$. Pace per 100 = $100 / \text{CSS speed}$. Convert the pace result from seconds to minutes and seconds. Example: CSS 1.25 m/s gives 80 seconds per 100 m, or 1:20.00.

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