



COACH FIELD FORM

T30 Continuous Swim Recording Sheet

Record cumulative distance at each five-minute signal, the final partial length, and any interruption.

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

Athlete	5 min	10	15	20	25	30 total	Dist/min	Pace/100	Valid
1. _____									
2. _____									
3. _____									
4. _____									
5. _____									
6. _____									
7. _____									
8. _____									

Calculations: average distance per minute = total distance / 30. Average speed = total distance / 1,800 seconds. Pace per 100 = 180,000 / total distance, expressed in seconds per 100. Always label SCY, SCM, or LCM.

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