### 1 HOUR/3000m SC

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| **Award Year** | **Swim Style/Stroke** | **Distance** |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 50m |  | 1150m |  | 2250m |  | 3350m |  |
| **100 m** |  | **1200 m** |  | **2300 m** |  | **3400 m** |  |
| 150m |  | 1250m |  | 2350m |  | 3450m |  |
| **200 m** |  | **1300 m** |  | **2400 m** |  | **3500 m** |  |
| 250m |  | 1350m |  | 2450m |  | 3550m |  |
| **300 m** |  | **1400 m** |  | **2500 m** |  | **3600 m** |  |
| 350m |  | 1450m |  | 2550m |  | 3650m |  |
| **400 m** |  | **1500 m** |  | **2600 m** |  | **3700 m** |  |
| 450m |  | 1550m |  | 2650m |  | 3750m |  |
| **500 m** |  | **1600 m** |  | **2700 m** |  | **3800 m** |  |
| 550m |  | 1650m |  | 2750m |  | 3850m |  |
| **600 m** |  | **1700 m** |  | **2800 m** |  | **3900 m** |  |
| 650m |  | 1750m |  | 2850m |  | 3950m |  |
| **700 m** |  | **1800 m** |  | **2900 m** |  | **4000 m** |  |
| 750m |  | 1850m |  | 2950m |  | 4050m |  |
| **800 m** |  | **1900 m** |  | **3000 m** |  | **4100 m** |  |
| 850m |  | 1950m |  | 3050m |  | 4150m |  |
| **900 m** |  | **2000 m** |  | **3100 m** |  | **4200 m** |  |
| 950m |  | 2050m |  | 3150m |  | 4250m |  |
| **1000 m** |  | **2100 m** |  | **3200 m** |  | **4300 m** |  |
| 1050m |  | 2150m |  | 3250m |  | 4350m |  |
| **1100 m** |  | **2200 m** |  | **3300 m** |  | **4400 m** |  |

| **Date of Swim** | **Pool Length**  **25m** | **Timekeeper**  **1.**  **2.** |
| --- | --- | --- |

### ¾ HOUR SC

|  |  |  |
| --- | --- | --- |
| **Award Year** | **Swim Style/Stroke** | **Distance** |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 50m |  | 1150m |  | 2250m |  | 3350m |  |
| **100 m** |  | **1200 m** |  | **2300 m** |  | **3400 m** |  |
| 150m |  | 1250m |  | 2350m |  | Split |  |
| **200 m** |  | **1300 m** |  | **2400 m** |  | **3500 m** |  |
| 250m |  | 1350m |  | 2450m |  | 3550m |  |
| **300 m** |  | **1400 m** |  | **2500 m** |  | **3600 m** |  |
| 350m |  | 1450m |  | 2550m |  | 3650m |  |
| **400 m** |  | **1500 m** |  | **2600 m** |  | **3700 m** |  |
| 450m |  | 1550m |  | 2650m |  | 3750m |  |
| **500 m** |  | **1600 m** |  | **2700 m** |  | **3800 m** |  |
| 550m |  | 1650m |  | 2750m |  | 3850m |  |
| **600 m** |  | **1700 m** |  | **2800 m** |  | **3900 m** |  |
| 650m |  | 1750m |  | 2850m |  | 3950m |  |
| **700 m** |  | **1800 m** |  | **2900 m** |  | **4000 m** |  |
| 750m |  | 1850m |  | 2950m |  | 4050m |  |
| **800 m** |  | **1900 m** |  | **3000 m** |  | **4100 m** |  |
| 850m |  | 1950m |  | 3050m |  | 4150m |  |
| **900 m** |  | **2000 m** |  | **3100 m** |  | **4200 m** |  |
| 950m |  | 2050m |  | 3150m |  | 4250m |  |
| **1000 m** |  | **2100 m** |  | **3200 m** |  | **4300 m** |  |
| 1050m |  | 2150m |  | Split |  | 4350m |  |
| **1100 m** |  | **2200 m** |  | **3300 m** |  | **4400 m** |  |

| **Date of Swim** | **Pool Length**  **25m** | **Timekeeper**  **1.**  **2.** |
| --- | --- | --- |

### ½ HOUR SC

|  |  |  |
| --- | --- | --- |
| **Award Year** | **Swim Style/Stroke** | **Distance** |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 50m |  | 850m |  | 1650m |  | 2450m |  |
| **100 m** |  | **900 m** |  | **1700 m** |  | **2500 m** |  |
| 150m |  | 950m |  | 1750m |  | 2550m |  |
| **200 m** |  | **1000 m** |  | **1800 m** |  | **2600 m** |  |
| 250m |  | 1050m |  | 1850m |  | 2650m |  |
| **300 m** |  | **1100 m** |  | **1900 m** |  | **2700 m** |  |
| 350m |  | 1150m |  | 1950m |  | 2750m |  |
| **400 m** |  | **1200 m** |  | **2000 m** |  | **2800 m** |  |
| 450m |  | 1250m |  | 2050m |  | 2850m |  |
| **500 m** |  | **1300 m** |  | **2100 m** |  | **2900 m** |  |
| 550m |  | 1350m |  | 2150m |  | 2950m |  |
| **600 m** |  | **1400 m** |  | **2200 m** |  | **3000 m** |  |
| 650m |  | 1450m |  | 2250m |  | 3050m |  |
| **700 m** |  | **1500 m** |  | **2300 m** |  | **3100 m** |  |
| 750m |  | 1550m |  | 2350m |  | 3150m |  |
| **800 m** |  | **1600m** |  | **2400 m** |  | **3200m** |  |

| **Date of Swim** | **Pool Length**  **25m** | **Timekeeper**  **1.**  **2.** |
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1500 METRES SC

|  |  |  |
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| **Award Year** | **Swim Style/Stroke** | |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |
| --- | --- | --- | --- |
| 50m |  | **800 metres** |  |
| **100 metres** |  | 850m |  |
| 150m |  | **900 metres** |  |
| **200 metres** |  | 950m |  |
| 250m |  | **1000 metres** |  |
| **300 metres** |  | 1050m |  |
| 350m |  | **1100 metres** |  |
| **400 metres** |  | 1150m |  |
| 450m |  | **1200 metres** |  |
| **500 metres** |  | 1250m |  |
| 550m |  | **1300 metres** |  |
| **600 metres** |  | 1350m |  |
| 650m |  | **1400 metres** |  |
| **700 metres** |  | 1450m |  |
| 750m |  | **1500 metres** |  |

| **Date of Swim** | **Pool Length**  **25m** | **Timekeeper**  **1.**  **2.** |
| --- | --- | --- |

### 800 METRES SC

|  |  |  |
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| **Award Year** | **Swim Style/Stroke** | |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Swim Number | **1** | **2** | **3** | **4** | **5** | |
| Pool Length | **25m** | **25m** | **25m** | **25m** | **25m** | |
| 50m |  |  |  |  |  | |
| **100 metres** |  |  |  |  |  | |
| 150m |  |  |  |  |  | |
| **200 metres** |  |  |  |  |  | |
| 250m |  |  |  |  |  | |
| **300 metres** |  |  |  |  |  | |
| 350m |  |  |  |  |  | |
| **400 metres** |  |  |  |  |  | |
| 450m |  |  |  |  |  | |
| **500 metres** |  |  |  |  |  | |
| 550m |  |  |  |  |  | |
| **600 metres** |  |  |  |  |  | |
| 650m |  |  |  |  |  | |
| **700 metres** |  |  |  |  |  | |
| 750m |  |  |  |  |  | |
| **800 metres** |  |  |  |  |  | |
|  |  |  |  |  |  |
| Date of Swim |  |  |  |  |  | |
| Timekeeper |  |  |  |  |  | |

**400 METRES SC**

|  |  |  |
| --- | --- | --- |
| **Award Year** | **Swim Style/Stroke** | |
| **Reg No.** | **Name** | **M/F** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Swim Number | **1** | **2** | **3** | **4** | **5** | |
| Pool Length | 25m | 25m | 25m | 25m | 25m | |
| 50m |  |  |  |  |  | |
| **100 metres** |  |  |  |  |  | |
| 150m |  |  |  |  |  | |
| **200 metres** |  |  |  |  |  | |
| 250m |  |  |  |  |  | |
| **300 metres** |  |  |  |  |  | |
| 350m |  |  |  |  |  | |
| **400 metres** |  |  |  |  |  | |
|  |  |  |  |  |  |
| Date of Swim |  |  |  |  |  | |
| Timekeeper |  |  |  |  |  | |