My**Times**

This sheet is for you to write all of your times onto whenever you've done a race – whether it's your favorite or least favorite event. Knowing your PBs (Personal Bests) and keeping track of your times throughout the year is one of the best ways of seeing how you're doing. Once you know where you are, you can think about where you *want* to be – and then what you need to do in and out of training to get there. So fill it in, get to know it and keep it safe!

Event **Competition**									
25fc									
50fc									
100fc									
200fc									
400fc									
800fc									
1500fc									
25bk									
50bk									
100bk									
200bk									
25br									
50br									
100br									
200br									
25fly									
50fly									
100fly									
200fly									
100IM									
200IM									
400IM									
Parent's signature									