

Individual Improvement Sheet

NAME

AGE GROUP

EVENT	Time Trials	RH "B"	RH "A"	FW "B"	FW "A"	MIBC "B"	MIBC "A"	EB "B"	EB "A"	MSC "A"	MSC "B"	Division Champs	Prelims	League Champs	Best Time
DATE	5-Jun	15-Jun	17-Jun	22-Jun	24-Jun	29-Jun	1-Jul	6-Jul	8-Jul	13-Jul	15-Jul	17-Jul	7/19-21/10	24-Jul	
100 IM															
25 FREE															
50 FREE															
100 FREE															
200 FREE															
500 FREE															
25 FREE RELAY															
50 FREE RELAY															
25 BACK															
50 BACK															
25 BACK RELAY															
50 BACK RELAY															
25 BREAST															
50 BREAST															
25 BREAST REL.															
50 BREAST REL.															
25 FLY															
50 FLY															
25 FLY RELAY															
50 FLY RELAY															

NUMBER OF IMPROVEMENTS

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24