

Wheaton Swim Club

Best Times Sheet

Swimmer Information

Last Name	First Name	MI	Coach
Phone	Date of Birth	M/F	Group



New Swimmers Best Times Sheet

New swimmers please complete this form to the best of your ability. Times do not need to be exact. They will be used only to give the coaches an idea of your best times and events. Returning swimmers do not need to fill out this form.

	yards	meters		yards	meters
25 free	_____	_____	25 breast	_____	_____
50 free	_____	_____	50 breast	_____	_____
100 free	_____	_____	100 breast	_____	_____
200 free	_____	_____	200 breast	_____	_____
500 free	_____	_____	25 fly	_____	_____
1000 free	_____	_____	50 fly	_____	_____
1650 free	_____	_____	100 fly	_____	_____
25 back	_____	_____	200 fly	_____	_____
50 back	_____	_____	100 IM	_____	_____
100 back	_____	_____	200 IM	_____	_____
200 back	_____	_____	400 IM	_____	_____

Note: You may also print out a best times sheet for the coaches using the new USA Swimming Database. It will have all of your official times from club meets and can be found at the following link:

www.usaswimming.org

Follow the following links / steps

1. go to the website above
2. click "times/time standards" on the left
3. in the middle of the page select option 2 ("individual times")
4. follow the instructions on the next page and print the results

