

**E.M.S.O.A**



@

Ladies  Gentlemen

Date \_\_\_/\_\_\_/\_\_\_

Week 1 2 3 4 5 = Fw Bk Rv In Tw

Event	Even	Odd	Results						
			1	2	3	4	5	6	
200 Yard Medley Relay			8	4	2	-	-	-	14
200 Yard Freestyle			6	4	3	2	1	-	30
200 Yard Ind Medley			6	4	3	2	1	-	46
50 Yard Freestyle			6	4	3	2	1	-	62
1 Meter Diving			6	4	3	2	1	-	78
100 Yard Butterfly			6	4	3	2	1	-	94
100 Yard Freestyle			6	4	3	2	1	-	110
500 Yard Freestyle			6	4	3	2	1	-	126
200 Yard Free Relay			8	4	2	-	-	-	140
100 Yard Backstroke			6	4	3	2	1	-	156
100 Yard Breaststroke			6	4	3	2	1	-	172
400 Yard Free Relay			8	4	2	-	-	-	186

<b>Final Score (186 Total)</b>	

Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_

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