



# E.M.S.O.A

\_\_\_\_\_ vs. \_\_\_\_\_ (Home)

Ladies  Gentlemen

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

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

Event			Finish						
	Even	Odd	1	2	3	4	5	6	
1. 200 Yard Medley Relay	--	--	8	4	2	-	-	-	14
2. 200 Yard Freestyle			6	4	3	2	1	-	30
3. 200 Yard Ind Medley			6	4	3	2	1	-	46
4. 50 Yard Freestyle			6	4	3	2	1	-	62
5. 1 Meter Diving			6	4	3	2	1	-	78
6. 100 Yard Butterfly			6	4	3	2	1	-	94
7. 100 Yard Freestyle			6	4	3	2	1	-	110
8. 500 Yard Freestyle			6	4	3	2	1	-	126
9. 200 Yard Free Relay			8	4	2	-	-	-	140
10. 100 Yard Backstroke			6	4	3	2	1	-	156
11. 100 Yard Breaststroke			6	4	3	2	1	-	172
12. 400 Yard Free Relay			8	4	2	-	-	-	186

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

Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_  
 Worked with: \_\_\_\_\_



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\_\_\_\_\_ vs. \_\_\_\_\_ (Home)

Ladies  Gentlemen

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

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

Event			Finish						
	Even	Odd	1	2	3	4	5	6	
1. 200 Yard Medley Relay	--	--	8	4	2	-	-	-	
2. 200 Yard Freestyle			6	4	3	2	1	-	
3. 200 Yard Ind Medley			6	4	3	2	1	-	
4. 50 Yard Freestyle			6	4	3	2	1	-	
5. 1 Meter Diving			6	4	3	2	1	-	
6. 100 Yard Butterfly			6	4	3	2	1	-	
7. 100 Yard Freestyle			6	4	3	2	1	-	
8. 500 Yard Freestyle			6	4	3	2	1	-	
9. 200 Yard Free Relay			8	4	2	-	-	-	
10. 100 Yard Backstroke			6	4	3	2	1	-	
11. 100 Yard Breaststroke			6	4	3	2	1	-	
12. 400 Yard Free Relay			8	4	2	-	-	-	

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

Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_  
 Worked with: \_\_\_\_\_

