INDIVIDUAL PROGRESS RECORD FORM

BEST TIME		DATE								
LAST YEAR		MEET								
EVENT		50 FREE								
		100 FREE								
		200 FREE								
		400 FREE								
		500 FREE								
		800 FREE								
		1000 FREE								
		1500 FREE								
		1650 FREE								
		50 BACK								
		100 BACK								
		200 BACK								
		50 BREAST								
		100 BREAST								
		200 BREAST								
		50 FLY								
		100 FLY								
		200 FLY								
		100 IM								
		200 IM								
		400 IM								