



## 400m POSTAL SWIM FORM

Swimmer's Name: \_\_\_\_\_ Club: \_\_\_\_\_

Date of Postal Swim: \_\_\_/\_\_\_/\_\_\_

Name of Swim Meet: \_\_\_\_\_ Date of Meet: \_\_\_/\_\_\_/\_\_\_

Tick (✓) the relevant stroke.

400m Freestyle

400m Backstroke

400m Breaststroke

400m Butterfly

	Time
100m	
200m	
300m	
400m	
Official Time	

A postal swim must be done under the supervision of a club member with knowledge of the rules of swimming to verify that strokes and turns were executed in accordance with the Masters' rules. The timekeeper must record splits and the final time on this form. They are to sign the entry form to acknowledge the swim was performed correctly, and that timing was accurate.

**Timekeeper:**

Name: \_\_\_\_\_

Signature: \_\_\_\_\_