


Masters Swimming Queensland - Postal Swim Form

Swimmer					Club code	
Meet					Date	
<p>A postal swim must be swum under the supervision of a club member with knowledge of the rules of swimming to verify that strokes and turns are executed in accordance with the Masters' rules. The timekeeper must record splits and the final time on this form. They are to provide their name for each swim to acknowledge the swim was performed correctly, and that timing was accurate.</p> <p>This form allows for entry of up to five (5) postal swims.</p> <p>Long course – provide a time for each 100m. Short course – provide a time for each 50m.</p>						
	<input type="checkbox"/> Freestyle	<input type="checkbox"/> Freestyle	<input type="checkbox"/> Freestyle	<input type="checkbox"/> Freestyle	<input type="checkbox"/> Freestyle	<input type="checkbox"/> Freestyle
	<input type="checkbox"/> Backstroke	<input type="checkbox"/> Backstroke	<input type="checkbox"/> Backstroke	<input type="checkbox"/> Backstroke	<input type="checkbox"/> Backstroke	<input type="checkbox"/> Backstroke
	<input type="checkbox"/> Breaststroke	<input type="checkbox"/> Breaststroke	<input type="checkbox"/> Breaststroke	<input type="checkbox"/> Breaststroke	<input type="checkbox"/> Breaststroke	<input type="checkbox"/> Breaststroke
	<input type="checkbox"/> Butterfly	<input type="checkbox"/> Butterfly	<input type="checkbox"/> Butterfly	<input type="checkbox"/> Butterfly	<input type="checkbox"/> Butterfly	<input type="checkbox"/> Butterfly
	<input type="checkbox"/> IM	<input type="checkbox"/> IM	<input type="checkbox"/> IM	<input type="checkbox"/> IM	<input type="checkbox"/> IM	<input type="checkbox"/> IM
Distance						
Course	<input type="checkbox"/> Long <input type="checkbox"/> Short	<input type="checkbox"/> Long <input type="checkbox"/> Short	<input type="checkbox"/> Long <input type="checkbox"/> Short	<input type="checkbox"/> Long <input type="checkbox"/> Short	<input type="checkbox"/> Long <input type="checkbox"/> Short	<input type="checkbox"/> Long <input type="checkbox"/> Short
50						
100						
150						
200						
250						
300						
350						
400						
450						
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550						
600						
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700						
750						
800						
850						
900						
950						
1000						
1050						
1100						
1150						
1200						
1250						
1300						
1350						
1400						
1450						
1500						
Final Time						
Date						
Timekeeper						